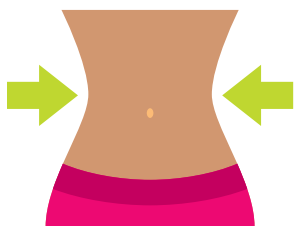
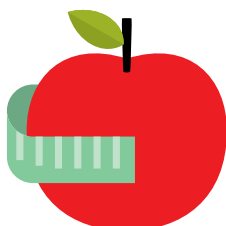


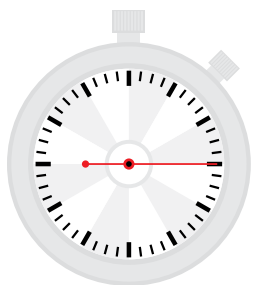
6 WAYS TO LOWER YOUR RISK OF DIABETES



1. LOSE WEIGHT IF YOU NEED TO.



2. EAT A HEALTHY & NUTRITIOUS DIET.



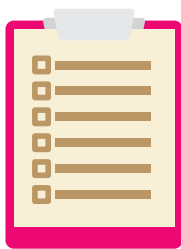
3. BE ACTIVE.



4. IF YOU SMOKE, PLAN TO QUIT



5. KNOW YOUR RISK.



6. TALK TO YOUR DOCTOR.

Diabetes is a serious condition. But getting and keeping a healthy weight and being physically active can lower your risk for type 2 diabetes. To learn more, visit the National Diabetes Education Program at: www.ndep.nih.gov

