

# Diabetes & You

## The American Diabetes Association Urges People With Diabetes To Take The “Challenge”

(NAPSA)—In an effort to help people with diabetes better manage their disease, the American Diabetes Association (ADA) is introducing a new Web-based tool called the “Choose to Live Challenge.”

Featured at [diabetes.org/challenge](http://diabetes.org/challenge), the Choose to Live Challenge presents visitors with a unique health goal each month—along with valuable tools and tips—to encourage people with diabetes to make lifestyle changes to improve their health and take control of their diabetes.

With a different topic each month, the Challenge:

- Provides tips for improving one’s health and suggestions for taking small steps to help people take better care of their diabetes.
- Addresses essential components of diabetes care, such as practicing healthy eating habits, engaging in physical activity and managing medicines.
- Presents viewpoints and tips from experts each month through interactive Web chats.

For example, the monthly challenge for April features the following tips:

- Take a week this month to step away from the TV and plan some calorie-burning outdoor activities, such as hiking or biking. Even 30 minutes of moderate exercise a day can help significantly. If you have diabetes, staying active can help you lose weight and man-



 American Diabetes Association.  
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**People with diabetes now have a new online tool to better manage the disease at [diabetes.org/challenge](http://diabetes.org/challenge).**

age the “ABCs of Diabetes:”

A1C is a test that measures average blood glucose (sugar) over the past 2-3 months, which should be less than 7; Blood pressure, which should be below 130/80; and Cholesterol, which should be below 100.

For more information on the ABCs of diabetes and how to reduce the risk of heart-related complications from diabetes, visit [www.diabetes.org/MakeTheLink](http://www.diabetes.org/MakeTheLink) or call 1-800-DIABETES (1-800-342-2383).

*Make the Link! Diabetes, Heart Disease, and Stroke* is a joint patient education initiative of the ADA and the American College of Cardiology that aims to reduce deaths from heart attack and stroke among people with diabetes.