



Get Real!

You don't have to
knock yourself out
to prevent diabetes.

It's about taking small steps: losing 10 to 14 pounds if you weigh 200 pounds by walking briskly for 30 minutes, 5 days a week and making healthy food choices.

It's about big rewards: living a longer and healthier life—and avoiding serious health problems such as heart attacks, strokes, blindness, kidney failure, or amputation.

Take the first step today. If you're over 45 and overweight, you may be at high risk for diabetes. Talk to your health care professional today. For free information about preventing diabetes, call 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org.



A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.