

IT'S NOT TOO LATE TO PREVENT DIABETES



Take your first step today

**Recent studies show you
can prevent or delay
diabetes.**

It's about small steps: losing a small amount of weight, by walking or biking for 30 minutes 5 days a week and making healthy food choices, can prevent or delay type 2 diabetes. In fact, these small steps worked even better for people over age 60 who were at risk for diabetes than for any other age group.

It's about big rewards: take your first step today to live a longer and healthier life. Talk to your health care professional about your risk for type 2 diabetes and the small steps you can take to prevent it. It's not too late!



**For more information about diabetes
prevention, call 1-888-693-NDEP
(6337) and ask for**

**"It's Not Too Late to Prevent Diabetes"
www.YourDiabetesInfo.org**

A message from the National Diabetes Education Program,
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