

# Every Step Counts!

## Commit To Better Health With America's Walk For Diabetes

(NAPSA)—As the saying goes... every journey begins with one step. This fall, over 200,000 people from all walks of life are taking that journey by participating in America's premier walking event to benefit the American Diabetes Association (ADA)—*America's Walk for Diabetes*.

*America's Walk for Diabetes* is a fun, non-competitive walking event that raises money to support ADA's ongoing education, prevention and research efforts. This premier event brings together friends, family members, and co-workers for up to a six-mile walk. Walkers get a great workout while helping keep up the pace to beat this devastating disease. More than 18 million people nationwide suffer from diabetes and another 41 million are at risk for the condition. The ADA works to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Research shows that for people with diabetes, diet and exercise play an important role in maintaining healthy blood glucose levels. Walking is the safest way to exercise and it helps to protect your heart, reduces your risk of stroke, and helps to keep your lungs strong. Because walking is low-impact it poses fewer risks of injury than other forms of exercise. Most importantly, it's fun! Participate in the *America's Walk for Diabetes* and walk to stop dia-



betes in its tracks!

The national presenting sponsor is Equal® Sweetener. Equal®, along with the other national corporate sponsors; Fiber One Bran Cereal, Cary's Sugar Free Syrup, Kraft Diabetic Choices, Diet Rite and media sponsor, People Weekly Magazine, share a commitment to providing diabetes awareness, education and solutions for people living with diabetes.

For more information, visit [www.diabetes.org/walk](http://www.diabetes.org/walk) or call the American Diabetes Association at 1-888-DIABETES (1-888-342-2383).

*The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information and advocacy. Founded in 1940, the Association has offices in every region of the country, providing services in hundreds of communities.*