

Source: www.mayoclinic.org

- > Maintain a healthy weight
- > Stay fit by being active
- > Eat right by choosing high quality foods
- > Don't smoke or quit if you do
- > Limit sugary and empty calorie beverages (i.e., specialty coffee drinks, alcohol)

Ways **YOU** can lower your risk of diabetes



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Instructions:

- 1 Fold in half.
- 2 Fold on dotted lines at each end.
- 3 Tape at bottom.

