



**IT'S NOT TOO LATE TO  
PREVENT  
DIABETES**

**Take Your First Step Today**  
Recent studies show that people over 60 can prevent or delay type 2 diabetes. Lose a small amount of weight by walking 30 minutes 5 days a week and eating healthy. Talk to your health care provider about your risk for type 2 diabetes and the small steps you can take to prevent it.


**For more information about diabetes prevention, call 1-800-438-5383 and ask for "It's Not Too Late to Prevent Diabetes"**

**www.ndep.nih.gov**

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



4.5" x 5.25"



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4.5" x 2"

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2" x 4.75"



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2" x 10"

# 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 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 provider about your risk for type 2 diabetes and the small steps you can take to prevent it. It's not too late!



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