



**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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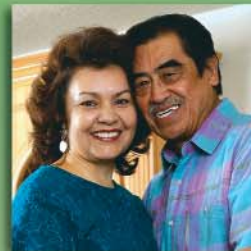



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2" x 10"

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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!



small steps
big rewards
Prevent type 2 Diabetes

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