



# Get Real!

You don't have to eat like this to prevent diabetes.

### It's about small steps:

losing 10 to 15 pounds if you weigh 200 pounds, walking briskly for 30 minutes most days, and making healthy food choices.

### It's about big rewards:

living a longer and healthier life—and avoiding serious health problems such as heart attacks, strokes, blindness, kidney failure, or amputation.

### Take the first step today.

If you're over 45 and overweight, you may be at high risk for diabetes. Talk to your health care provider. For free information about preventing diabetes, call 1-800-438-5383.



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

2" x 10"



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4.5" x 5.25"



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