



National Diabetes Education Program  
“Paso a Paso”: 60-second Live-read Radio Script



DANCING IS A GREAT FIRST STEP. COOKING MORE VEGETABLES FOR THE FAMILY IS ANOTHER GOOD STEP. MAYBE WALKING EVERY MORNING IS YOUR FIRST STEP. OR IS IT PLAYING SOCCER WITH YOUR CHILDREN?

WHATEVER ACTIVITY YOU CHOOSE, THE GOOD NEWS IS YOU ARE WORKING TO PREVENT TYPE 2 DIABETES .... STEP BY STEP.

SCIENCE TELLS US THAT IF YOU ARE OVERWEIGHT, YOU ARE AT RISK FOR TYPE 2 DIABETES. DIABETES IS A SERIOUS DISEASE, BUT IT CAN BE PREVENTED OR DELAYED. GETTING 30 MINUTES OF PHYSICAL ACTIVITY ATLEAST 5 DAYS A WEEK AND A LITTLE BIT OF WEIGHT LOSS CAN ADD UP TO A DIABETES-FREE LIFE. TALK TO YOUR HEALTH CARE PROVIDER . FOR FREE INFORMATION ON HOW YOU CAN TAKE STEPS TO PREVENT TYPE 2 DIABETES, CALL THE NATIONAL DIABETES EDUCATION PROGRAM AT 1-800-438-5383. THAT’S 1-800-438-5383.

REMEMBER... LET’S PREVENT TYPE 2 DIABETES... STEP BY STEP. *WHAT’S YOUR FIRST STEP GOING TO BE?*