Instructions: • Fold in half. Pold on dotted lines at each end. Tape at bottom.

Ways YOU can lower your risk of diabetes

- > Maintain a healthy weight

Source: www.mayoclinic.org

(i.e., specialty coffee drinks, alcohol) > Limit sugary and empty calorie beverages

Eatright by choosing high quality foods

> Don't smoke or quit if you do

risk of diabetes

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Stay fit by being active Maintain a healthy weight

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- > Stay fit by being active
- > Eat right by choosing high quality foods

Limit sugary and empty calorie beverages (i.e., specialty coffee drinks, alcohol)

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HEALTH

- > Don't smoke or quit if you do

Source: www.mayoclinic.org

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