

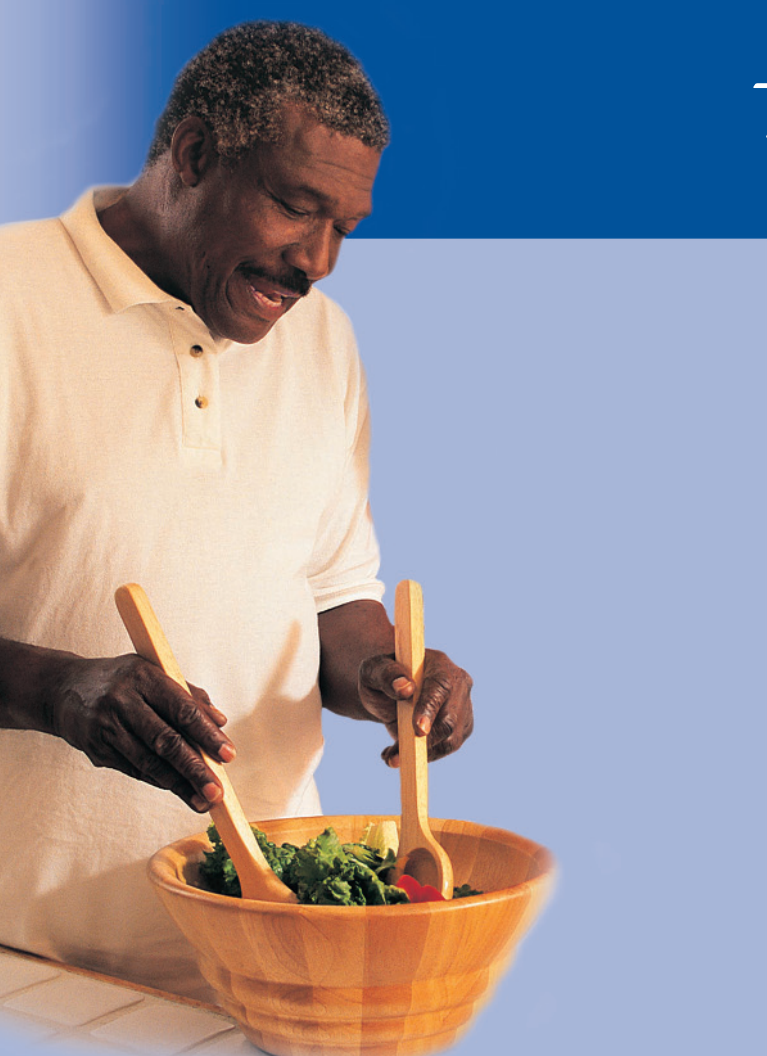
IT'S NOT TOO LATE TO

PREVENT DIABETES



TAKE YOUR FIRST STEP TODAY

Tips for People at Risk of



START NOW to get moving and have fun!

WARM UP. Warm-ups get your body ready for physical activity. Shrug your shoulders, tap your toes, swing your arms, or march in place. Spend a few minutes warming up for any activity, even walking.

DANCE. Dancing increases strength, energy, and movement. It is a fun way to exercise without realizing it. Take a dance class with a buddy. Or get off the couch, turn on the radio and dance in your living room.

WALK. This is one of the best ways to increase your activity. There are many ways to add walking to your day. Be sure you have the proper shoes for walking. Find a safe place to enjoy your walk, such as a shopping mall or a community center.

STRETCH. You don't need a special time or place to stretch. At home or at work, stand up, push your arms toward the ceiling, and stretch. Stretch slowly. You should not feel pain. Hold the stretch without bouncing for about 30 seconds. Stretch after any brisk activity.

Want to start moving more, but don't know how? It doesn't have to be hard or boring to work for you. The National Diabetes Education Program (NDEP) is urging adults age 60 and over who are at risk for type 2 diabetes, or have a condition called pre-diabetes, to increase their physical activity to prevent diabetes.

If you are not very active, start off slowly with an activity that gets you moving for 10 minutes 5 days a week and build up to the recommended 30 minutes. Moving around, even for only a few minutes a day, is a healthy start to becoming more fit and preventing diabetes.

