

4 Ways

to Help Prevent **Diabetes**



Type 2 Diabetes is the Most Common Form of Diabetes

It means your body doesn't use insulin properly.

- 1** Maintain a healthy diet.
- 2** Quit smoking.
- 3** Get moving! Find activities you love and do them as often as you can. Something is better than nothing.
- 4** Some people can control their blood sugar levels with healthy eating and exercise, while others may need medication or insulin to manage it.

