

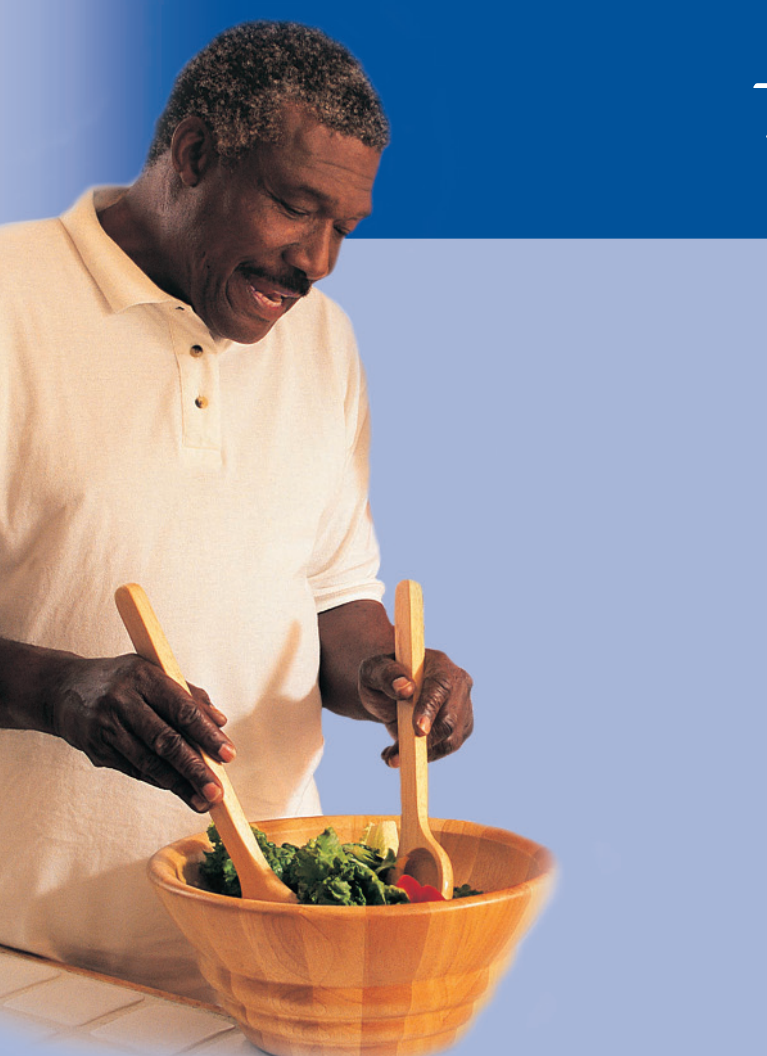
IT'S NOT TOO LATE TO

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.

Developing TYPE 2 DIABETES



EASY STEPS to increase activity!

- Put away the TV remote control—get up to change the channel. March in place during commercial breaks.
- Try walking around the house while you talk on the phone.
- Park the car farther away from stores, movie theatres, or your office.
- Get off the bus one stop early, if you are in a safe place to walk.
- Visit museums, the zoo, or an aquarium. These are great ways to be active with your family.



EAT RIGHT to prevent type 2 diabetes!

Making healthy food choices and cutting down on the amount of food you eat will help manage your weight loss and prevent type 2 diabetes. Try some of these tips to get started.

- You don't have to cut out the foods you love to eat. Just cut down on the amount you eat, and eat them less often.
- Try to keep meat, poultry, and fish servings down to three ounces—that's about the size of a deck of cards.
- Try to eat three sensible meals at regular times throughout the day.
- Eat more fresh fruit, veggies, nuts, and whole grains.
- Limit fried foods. Baking and broiling are healthier ways to eat meat, chicken, and fish.
- When eating out, share large portions.
- Drink six to eight glasses of water every day.



REMEMBER

- Ask your doctor or health care provider if you are at risk for type 2 diabetes.
- It is not easy to make lifestyle changes but you can take the first step today.
- Lose a small amount of weight by getting 30 minutes of activity 5 days a week and eating healthy. Talk to your health care provider before starting any physical activity.
- There is an activity for everyone. Find something you really like that keeps you moving.
- Make healthy food choices and cut down on the amount you eat.
- Keep track of your progress and stick with it.



**For more information, call 1-800-438-5383
and get your free GAME PLAN for preventing type 2 diabetes.**

**For more information on physical fitness and weight control for older adults,
call the Weight-Control Information Network (WIN)
at 1-877-946-4627 at www.niddk.nih.gov.**



www.ndep.nih.gov

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