

If You Don't Want Diabetes



Exercise is as **IMPORTANT** as **diet** and **medication** in managing Type 2 Diabetes...

Just Do It!

- Walking
- Biking
- Swimming
- Gardening
- Canoeing
- Playing ball
- Weight lifting
- Dancing
- Fitness classes
- Anything that gets you moving!



IT'S YOUR MOVE



STEPS TO DEFEAT DIABETES

