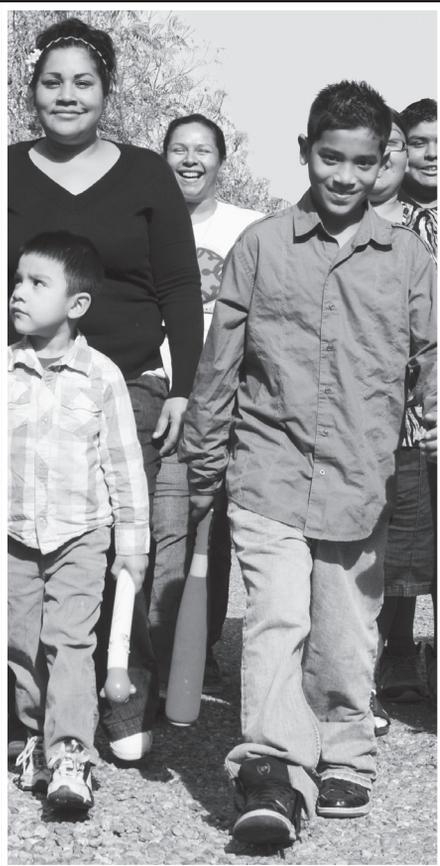


Walk. Have fun. Prevent diabetes.

Walking will help you prevent and manage diabetes.

Take these steps:

- 1. Start by walking 3 days a week.**
- 2. Walk for 30 minutes each day. You can break it into three 10-minute sessions.**
- 3. Make it a habit to walk at least 30 minutes, 5 days a week.**



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