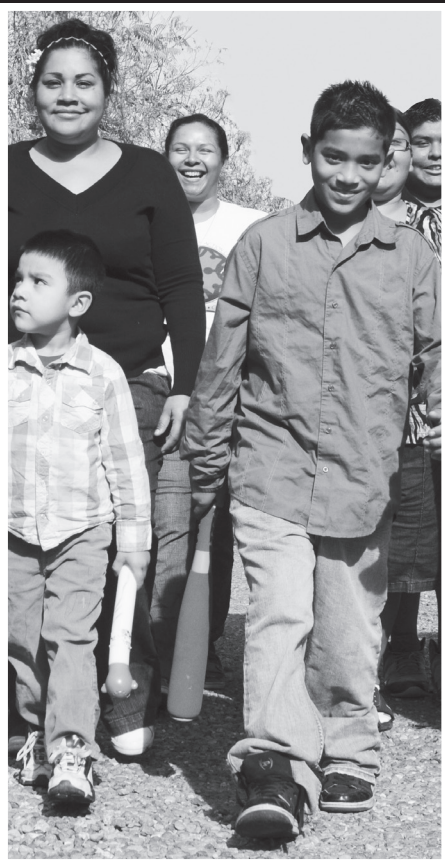


# Walk. Have fun. Prevent diabetes.

**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.**



Produced by IHS Division of Diabetes Treatment  
and Prevention, [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)