

# A future without type 2 diabetes—can you see it?

## You can prevent or delay type 2 diabetes if you\*

- Lose 5 to 7 percent of the weight, if overweight—that's 10 to 14 pounds (4.5 to 6.3 kg) for a 200-pound (90.6 kg) person.
- Lose and maintain the weight loss by making healthy food choices by eating a variety of foods that are low in fat and reducing the number of calories eaten per day.
- Get at least 30 minutes of moderate-intensity physical activity five days a week. This could be brisk walking, yard work, and actively playing with children, for example, riding bicycles or playing soccer.

\*A message from the Diabetes Prevention Program study.



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Type 2 diabetes does

**NOT**

have to be your destiny