



YOU DON'T HAVE TO KNOCK YOURSELF OUT TO PREVENT DIABETES.

Studies show that people at high risk for diabetes can prevent the disease by losing a small amount of weight by getting 30 minutes of physical activity 5 days a week and eating healthier. The key is: Small steps that lead to big rewards.

Use these tips for ideas on moving more and eating healthier.

Take your first steps today!

step 1 Move More. Getting more physical activity every day will help you burn more calories and lose weight. Try to get at least 30 minutes of physical activity, 5 days per week. If you have not been active, start off slowly, building up to your goal.

Here are some ideas to fit more physical activity into your day.

- ✓ When shopping, park a little farther away from the store's entrance. If it's safe, get off the bus a stop or two early and walk the rest of the way.
- ✓ When watching TV, use the commercial break to take a quick walk around your home or do some exercises such as sit-ups, leg lifts, marching in place, etc.
- ✓ Try to schedule walking "dates" with friends or family members throughout the week.
- ✓ Try to get a "workout" during the day. Take a walk during half of your lunch break. Deliver a message in person to a coworker instead of e-mailing it. Take the stairs to your office instead of the elevator.

step 2 Eat Healthier. When it comes to eating healthier to lose weight, it all comes down to choices. Choosing foods that are lower in fat and calories and limiting portion sizes can help you to lose the weight you need to prevent diabetes.

Here are some things you can start doing today to eat healthier:

- ✓ Choose foods that are lower in fat. Grill or bake chicken instead of frying. Instead of french fries or chips, slice a few potatoes, sprinkle them with a little oil, salt, and pepper, and bake them in the oven.
- ✓ Buy more fruits, vegetables, and whole grain foods every time you shop. Try a new fruit or vegetable each week.
- ✓ Lighten your recipes by using low-fat or light versions of ingredients such as sour cream, cream cheese, or mayonnaise.
- ✓ Make sure you always have a healthy snack with you in case you get hungry, like a piece of fresh fruit, a handful of nuts, or a low-fat yogurt.
- ✓ Serving sizes are often smaller than we think. Use this chart as a guide for portion sizes:

Serving Size Suggestions



***1/2 cup of rice or pasta =
An ice cream scoop***



***1 1/2 ounces of cheese =
Four dice***



***3 ounces of meat or fish =
Deck of cards or cassette tape***



***2 tablespoons peanut butter =
A ping pong ball***



step 3 Start Your GAME PLAN for Preventing Diabetes.

The key to losing weight and preventing diabetes is to make long-term changes that work for you—not quick fixes. These tips are a great way to get you started on your way to preventing diabetes but are only the first steps.

To help you lose weight to prevent diabetes, the National Diabetes Education Program (NDEP) has created “Your GAME PLAN for Preventing Type 2 Diabetes.” Order your free copy of the GAME PLAN to learn how to set goals, track your progress, and get more tips to help you reach your goals.

**To get your free GAME PLAN,
visit www.ndep.nih.gov or call
1-800-438-5383.**



www.ndep.nih.gov

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