

Staying **healthy**
isn't easy.



Then again,
neither is **dying**.

When you consider the alternative, eating right and staying active really don't seem so bad.

Many of the nearly one million deaths each year from type 2 diabetes, heart disease and stroke could be prevented with a few lifestyle changes—including regular physical activity, healthier food choices and not smoking. It's not easy. But it is worth it.

Talk to your doctor about your risk for type 2 diabetes and heart disease.

 American Diabetes Association.

CheckUpAmerica.org

1-800-DIABETES