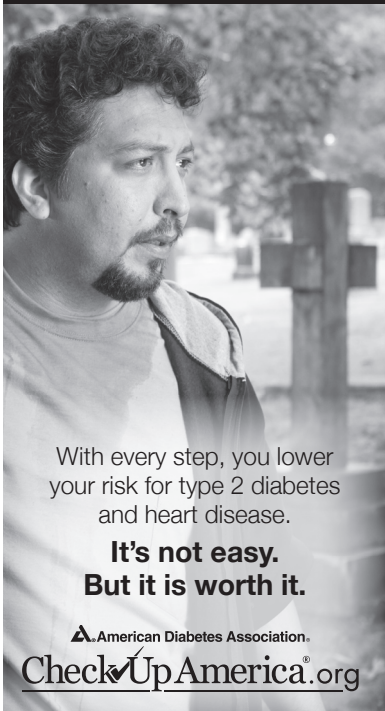


**Losing weight's a lot
harder than gaining it...**



**but very much
worth the effort.**



With every step, you lower
your risk for type 2 diabetes
and heart disease.

**It's not easy.
But it is worth it.**

 American Diabetes Association.

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help stop diabetes by
losing weight, eating
healthy and staying active.

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