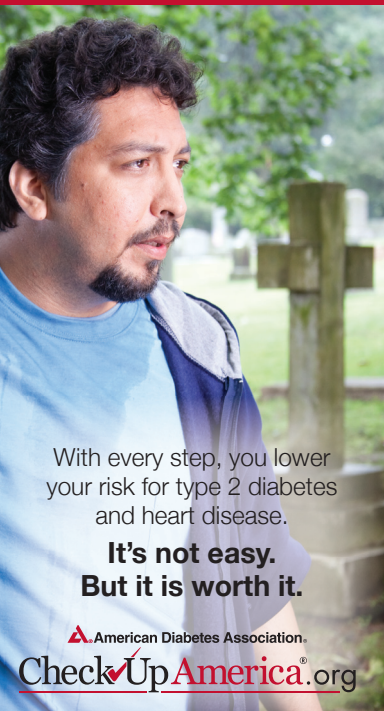


**Losing weight's a lot harder than gaining it...**



**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.

**CheckUpAmerica.org**

Learn how you can help stop diabetes by losing weight, eating healthy and staying active.

**Visit [checkupamerica.org](http://checkupamerica.org) or call 1-800-DIABETES.**