


**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](http://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.**