

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 or call 1-800-DIABETES.