

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.

Check**Up** **America**.org

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

Visit checkupamerica.org or call 1-800-DIABETES.