

Gaining weight was easy. Losing it's a lot harder...



but very much worth the effort.



You have to work at losing weight. Every day. But with every step, you lower your risk for type 2 diabetes and heart disease. Because many of the nearly one million deaths each year from type 2 diabetes, heart disease and stroke could be prevented with a few lifestyle changes, including weight loss, regular physical activity and healthier food choices.

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.