APPROXIMATELY **5-10% OF PEOPLE** WITH DIABETES HAVE TYPE 1

EATING FIBER SLOWS THE ABSORPTION OF SUGARS AND LOWERS BLOOD SUGAR LEVELS

APPROXIMATELY **90-95% OF PEOPLE** WITH DIABETES HAVE TYPE 2

DO RESISTANCE EXERCISE — WEIGHTLIFTING, YOGA, AND CALISTHENICS — AT LEAST 2 TO 3 TIMES A WEEK

MORE THAN 37 MILLION, ABOUT 1 IN 10, AMERICANS HAVE DIABETES

30 MINUTES OF MODERATE TO VIGOROUS AEROBIC EXERCISE EACH DAY

TAKE A FEW MINUTES TO STAND, WALK AROUND OR DO SOME LIGHT ACTIVITY EVERY 30 MINUTES

STUDIES SHOW A 7% REDUCTION IN BODY WEIGHT CAN REDUCE THE RISK OF DIABETES BY 60%

PREVENT COPY