Work it out

Reduce your risk for diabetes

The more you know, the better

You may know that type 2 diabetes is when your blood sugar (blood glucose) is too high. But what's prediabetes? This is when your blood sugar is higher than normal, which puts you at risk for type 2 diabetes. Keep in mind that prediabetes is still a serious condition that needs special attention.

According to the Centers for Disease Control and Prevention, more than 1 out of 3 adults in the United States have prediabetes. And yet, most of them don't know they have it.[1]

Lifestyle changes are key

The good news is that there are things you can do to help prevent type 2 diabetes or delay its onset. These include making lifestyle changes to help you keep your blood sugar levels under control. You can get started by making these part of your daily life:

- Managing your weight
- Making healthy food choices
- Staying physically active

[1]Centers for Disease Control and Prevention. Prediabetes: your chance to prevent type 2 diabetes. May 30, 2019. Available at: cdc.gov/diabetes/basics/prediabetes.html. Accessed June 13, 2019.

Get your body up and moving

Regular exercise is one of the most important things you can do to help prevent type 2 diabetes or delay its onset.

Here are some tips to get you started:

Talk with your doctor
You may need to have a medical exam before you start an exercise program.

Make it a priority
Do moderate to intense activity for at least 30 minutes a day, 5 times a week.

Get creative
Why not take the stairs? Or park your car farther away? Instead of sit-down meetings, have walking meetings. Stay active whenever you can.

Be consistent
Don't go more than two days without being active. Keep the habit going strong.

Build it in
Pick part of your schedule and pin an activity to it. If you're busy, you can exercise in 10-minute intervals. Every bit helps.

Know that everyone is different
What works for one person may not work for another. Just do what you need to do to help yourself succeed.

Find ways to exercise every day

Moderate		Intense	
• Power walking	• Playing catch	• Walking uphill	• Hiking
• Dancing	• Shoveling snow	• Jumping rope	• Mountain biking
• Weight lifting	• Vacuuming	• Doing push-ups	• Playing sports
• Swimming	• Digging in the garden	• Swimming laps	• Carrying heavy loads

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