



Yes, you can!
Take these steps:

- ✓ Lose about 10 pounds if you are overweight
- ✓ Move and be active at least 30 minutes a day
- ✓ Eat low fat foods and smaller portions

You don't have to do it alone! Check out a group program near you to help make these changes:



YMCA

www.ydpp.org or 612-465-0489

Other locations in Minnesota

www.icanpreventdiabetes.org or 651-201-5435

Talk with your doctor to see if you are at risk for developing type 2 diabetes

The Minnesota Diabetes and Heart Health Collaborative: Working together to keep you informed



Minnesota Diabetes &
Heart Health Collaborative

www.mn-dc.org

In partnership with the Minnesota I CAN Prevent Diabetes
and YMCA Diabetes Prevention Programs