



***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](http://www.ydpp.org) or 612-465-0489

**Other locations in Minnesota**

[www.icanpreventdiabetes.org](http://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](http://www.mn-dc.org)**

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