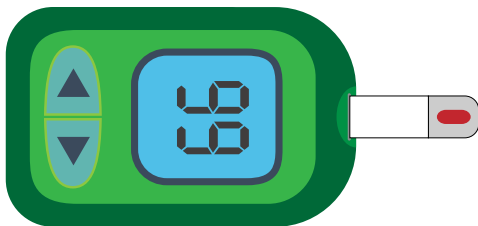


DIABETES & WALKING

Every Step Helps

HOW WILL WALKING HELP MY DIABETES?



Walking regularly can help keep your blood sugar at a good level.

CHECK WITH YOUR DOCTOR?



Talk to your doctor before you start any new walking or fitness program.

HOW DO I GET STARTED?



Try to walk for 10 to 15 minutes at a time and build up to 30 minutes or more a day.

WHERE SHOULD I WALK?



You can walk in your neighborhood, on a walking path, inside a mall or even on a treadmill.

I'M HAVING TROUBLE STICKING WITH IT. WHAT CAN I DO?



Use a notebook or calendar to keep track of your walks.

WHAT SHOULD I BRING WITH ME?



You should always carry an ID or wear your diabetes ID bracelet when walking.

