



M O R E T H A N 5 0 W A Y S T O P R E V E N T D I A B E T E S

**#1**

# Less on your plate, Nate

*"Staying active has done a lot for me. Best of all, it was simple. I started doing small things like using the stairs and taking walks during my lunch break. When eating meals I began making healthy food choices and controlling my portion sizes. Because diabetes runs in my family, I know that it is important for me to take control of my health. Now I'm on a roll to preventing type 2 diabetes! I feel like new and I have more energy for my wife and family. That's my big reward!"*

**Take Your First Step Today.** For more information about diabetes prevention, call 1-800-438-5383 and ask for "More Than 50 Ways to Prevent Diabetes"



**small steps**  
**big rewards**  
Prevent type 2 Diabetes

[www.ndep.nih.gov](http://www.ndep.nih.gov)