



# November is American Diabetes Month

## Risk factors for type 2 diabetes:

- High Caloric Foods
- Low Physical Activity
- Obesity



## Your risk can lower by **half** through **healthy** life changes:

### 1. Eat Healthy

- Eat more beans, leafy vegetables, and whole grains

### 2. Increase Physical Exercise

- Try to walk at least 30 minutes a day

### 3. Monitor Your Health

- Check your blood pressure and cholesterol regularly

