

## 1. Know Your Risks

Talk to your doctor about your family history and other warning signs of diabetes.

## 2. Manage Your Weight

Obesity plays a major factor in the development of the disease. Reducing body weight by 5 percent can cut your chance of developing diabetes by more than half.

## 3. Get More Exercise

Regular exercise helps manage body weight, encourage heart health and manage blood sugar levels.

## 4. Choose Whole Grains

Choosing whole grains may lower the risk of Type 2 diabetes because their nutrients release slowly into the blood stream to naturally manage blood sugar levels.

## 5. Monitor Carbohydrate Intake

Carbohydrates raise blood sugar levels, and high blood sugar levels can increase risk for diabetes.

## 6. Stick to a Healthy Diet

Controlling portion size and eat a balanced diet of leafy greens, fruits, fish and lean meats.

# 6 tips for Diabetes Prevention

You have the ability to stop Type 2 Diabetes from affecting your life. Even if you display signs of prediabetes, a few key lifestyle changes can greatly improve your chances of preventing the disease.

*This brochure is for informational purposes only and is not intended as medical advice. For further information please visit the Wellness website at [www.wellnessatking.com](http://www.wellnessatking.com) or contact a medical professional.*

