

UNDERSTAND TYPE 2 DIABETES LOWER THE RISK

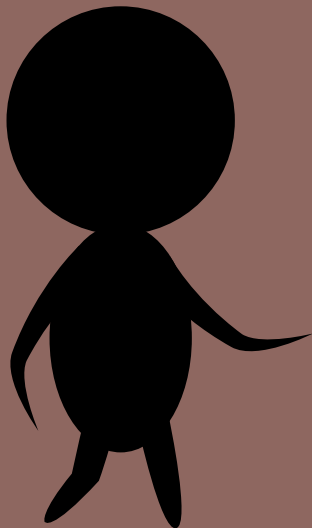
drink
water



eat
healthily



go for
a walk



pick up
a sport



150 minutes of exercise per week can drastically reduce your risk of getting diabetes.

