

# LIVING WELL WITH DIABETES

Are you one of the **29 million** Americans with diabetes?

To be your healthiest and feel your best:



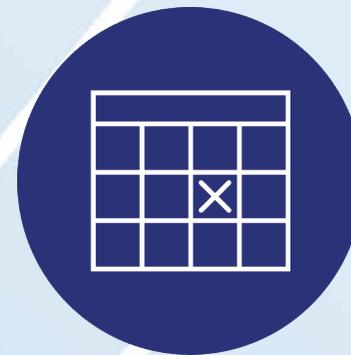
Eat more **fruits and vegetables**, less **sugar and salt**.



Get **physically active**—aim for at least 150 min/week.



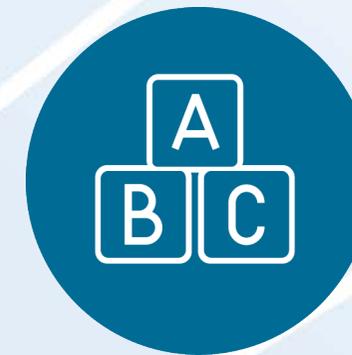
Take **diabetes medicine** as prescribed.



Make and keep appointments with your health care team.



Check **blood sugar** regularly.



Know your ABCs:

- Regular **A**1C test
- **B**lood pressure below 140/90 mm Hg
- Control **c**holesterol
- Stop/don't start **s**moking

**DID YOU KNOW...** making healthy lifestyle changes can greatly reduce your risk of diabetes-related health problems. **It really works!**