

Step 2: Eat Healthier. Eating healthier to lose weight is all about making the right choices.

Here are some ideas to lose weight and eat healthier every day:

- ✓ Choose foods that are lower in fat and calories. Grill or bake chicken instead of frying and take off the skin.
- ✓ Choose a wide variety of fruits and vegetables everyday. Try a new fruit or vegetable each week
- ✓ Choose water, low fat milk, or 100% juice instead of soda.
- ✓ Choose baked chips, pretzels or better yet, fruit to snack on.
- ✓ Lighten your recipes by using low-fat or lite versions of ingredients such as sour cream, cream cheese, or mayonnaise.

Step 3: Don't Give up!

Lets face it, change is hard. But you can make a big impact on your health with every small step. Start with cutting down or giving up one unhealthy item in your diet, and sticking to it for a couple weeks. While it will be hard at first, if you can stick to it for 2 weeks, you will become accustomed to it, and your heart and health will thank you for life!

Adapted from the National Diabetes Education Program, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.



YOU DON'T HAVE TO KNOCK YOURSELF OUT TO PREVENT DIABETES.

Studies show that people at high risk for diabetes can prevent the disease by losing a small amount of weight; by getting 30 minutes of physical activity, 5 days a week; and by eating healthier.

**The Key: Taking Small Steps can lead to big rewards.
Take your first steps today!**



What is Diabetes?

Diabetes is a serious, lifelong condition caused by blood sugar that is too high. Your blood always has some sugar that your body needs for energy, but too much sugar can damage your heart, blood vessels, kidneys, eyes and nerves.

What is Pre-Diabetes?

Pre-diabetes means that your blood sugar levels are higher than normal, but not high enough to be diagnosed with the disease. People with pre-diabetes are at a greater risk for type 2 diabetes and for heart disease and stroke.

Why Should I Care About Diabetes?

- * Diabetes is an epidemic in New York City, especially in the Bronx.
- * Compared to others New Yorkers, Latinos are 4 times as likely to have diabetes and African Americans are 2 times as likely.
- * African Americans are 20% more likely to lose a limb to diabetes than other diabetics.
- * Latinos are 41% less likely than others to receive diabetes education.

Am I at an increased risk for diabetes?

Take the first step—talk to your health care provider about your risk for pre-diabetes.

You are at an increased risk for diabetes if you:

- * Are 45 years or older
- * Are overweight
- * Are not physically active
- * Have a parent, brother, or sister with diabetes
- * Are African American, Hispanic American, Native American, Asian American, or Pacific Islander
- * Had a baby who weighed more than 9 pounds at birth or have had gestational diabetes
- * Have high blood pressure (over 140/90 mmHg)
- * Have low HDL cholesterol (35 mg/dl or lower) or high triglycerides (250 mg/ dl or higher)

What can I do to Prevent Diabetes?

Step 1: Move More. Getting more physical activity each day will help you burn more calories and lose weight. Try to get at least 30 minutes of physical activity, 5 days a week.

Here are some easy ways to move more every day:

- ✓ Park at the far end of the parking lot for a longer walk.
- ✓ Get off the bus or a subway a stop early.
- ✓ Use the stairs instead of the elevator or escalator.
- ✓ Schedule walking “dates” with friends or family members.