

## Your Game Plan to Prevent Type 2 Diabetes



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### **Reviews**

*This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).*

*(Prof. Buddy Leuschke)*

## YOUR GAME PLAN TO PREVENT TYPE 2 DIABETES



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 40 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Diabetes prevention is proven, possible, and powerful. Studies show that people at high risk for diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their weight, if they are overweight that's 10 to 14 pounds for a 200-pound person. Two keys to success: Get at least 30 minutes of moderate-intensity physical activity five days a week and eat a variety of foods that are low in fat and reduce the number of calories you eat per day. In other words, you don't have to knock yourself out to prevent diabetes. Have you wondered or possibly been told that you are at risk for developing diabetes or that you have pre-diabetes To find out more about what things put you at risk, go to page 13 and read the Are You At-Risk Check List section. If you haven't already done so, be sure to talk with your health care team about your risk and whether you should be tested. This item ships from La Vergne, TN. Paperback.



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