

A walking plan can help you reach your goal, one step at a time. Check the boxes below to create your plan.

Where do I walk?

- In my neighborhood
- On the track at a school
- At the mall
- In the hallways
- _____

When will I walk?

- In the morning
- In the afternoon
- In the evening
- After dinner
- _____

How many days a week will I walk?

- 5 days a week
- Every other day, until I complete 5 days a week
- _____

How long will my walks last

- 10 minutes, 3 times a day
- 30 minutes at a time
- _____

What do I need to walk?

- Comfortable and resistant shoes
- _____

Who will I walk with?

- A friend or family member
- My dog
- _____

For more Information call:
1-800-DIABETES
(1-800-342-2383) or visit
www.diabetes.org
You may also call your local clinic



Sunset Community Health Center, Inc.

THE CLINIC YOU CAN TRUST

San Luís

(928) 627-3822
Ext. 1333

Somerton

(928) 627-2051
Ext. 1216

Yuma

(928) 819-8999
Ext. 1016

North Yuma

(928) 539-3140

Wellton

(928) 785-3256
Ext. 1520



Pre-Diabetes
What is and what
can it do?
You Can Delay or Prevent
Diabetes Type 2



Having pre-diabetes means you can develop type 2 diabetes. With regular exercise and striving to maintain a healthy weight you can prevent type 2 diabetes.

www.sunsetcommunityhealthcenter.org

What is pre-diabetes?

Pre-diabetes is a condition that occurs before diabetes. This means that your blood glucose levels are higher than normal, but not high enough to say that a person has diabetes. You can have diabetes and not know it.

If I have pre-diabetes, what this mean?

It means...

- You can develop diabetes in the immediate or long term future
- You are also at a higher risk to suffer a heart attack or stroke

The good news is you can take steps to delay or prevent type 2 diabetes.

A lot of my family members have diabetes. My father and my sister have diabetes. That is why I decided to get checked for diabetes. My blood glucose level is high, but I do not have diabetes. I want to do everything within my power so that I don't develop diabetes. Now I exercise and eat less to lose weight.



How can I delay or prevent type 2 diabetes?

Although you have pre-diabetes maybe you can delay or prevent type 2 diabetes if you:

- Exercise regularly, for example walk everyday
- Lose weight, eat healthier foods

In a recent study by The Prevention of Diabetes Program, it showed that these steps helped the majority of people delay or prevent diabetes. It may surprise you to know that although physical activity and weight loss helped the majority of people, these steps worked better for people over 60 years of age.

- Regular physical activity can delay or prevent diabetes.
- Being physically active everyday is one of the best ways to prevent type 2 diabetes. You can lessen the odds of developing type 2 diabetes if you incorporate physical activity in your life.
- Even if you have heart problems or other health conditions you can still be more active.



Regular physical activity helped delay or prevent diabetes type 2 in the Prevention of Diabetes Program, study. The majority of the participants in the study chose to walk 30 minutes a day, 5 days a week.

Walking works!

A lot of people like to walk for exercise. Think, would you like to walk? If you haven't been physically active in the past, consult first with your health provider. He will be able to help you start an exercise plan and instruct you on how long you should exercise. Perhaps it would be better to start with 5 to 10 minutes a day and gradually increase.

After I found out I had pre-diabetes, I wanted to do everything I could to prevent diabetes. I decided to walk after breakfast everyday. After 3 months, I lost 6 pounds. The doctor just recently checked my blood glucose level and I was normal. However, I am going to continue the changes I've made to prevent diabetes.

