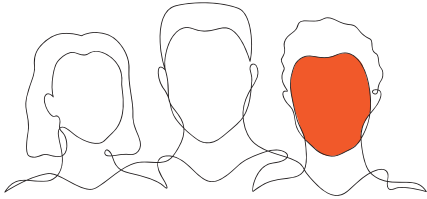


Get Up to Get Down

Daily exercise can help lower your A1C.

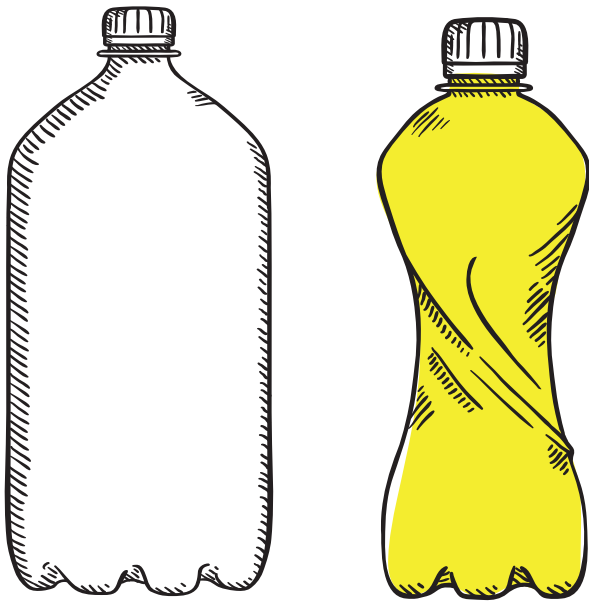


1 in 3 American adults have prediabetes.

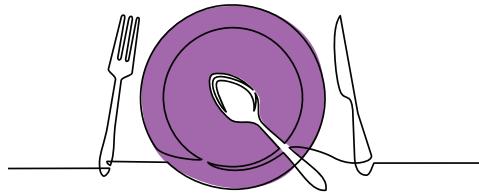
It can raise your risk for Type 2 diabetes, heart disease and stroke.

150 minutes of moderate physical activity a week will improve your health.

That's just 22 minutes a day.

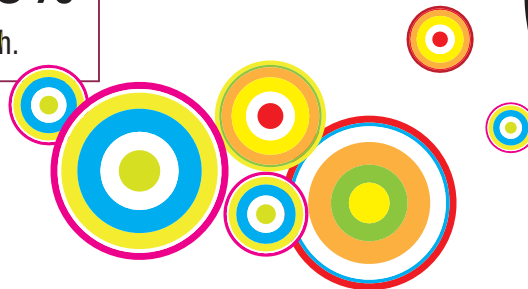


Losing just 5% to 10%
of your overall weight can improve your health.



1 - 3 hours after eating is the best time to exercise.

If you use insulin, you should test your blood sugar before and after exercise.



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