



Rx For _____
Date _____

Move More!

___ Minutes of Walking
___ Days a Week

GOAL: At least 30 to 60 minutes of physical activity EVERY day.

Eat Healthy!

___ cups of FRUIT
___ cups of VEGETABLES

GOAL: Eat 2 cups of FRUIT and 3 cups of VEGETABLES EVERY day.

Keep Up-to-Date!

___ Get Diabetes education as prescribed by your doctor.
___ Keep informed by obtaining reliable information, such as you can find at diabetes.org or 123ActionNow.org.

IDEAL: Education at initial diagnosis with refreshers thereafter.



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Guidelines

Physical Activity

- Begin with 10 minutes and work up to 60 minutes or more every day.
- Walking around the house and at work can count as part of your goal.

Nutrition

- 2 cups of fruit = could be 1 apple and 1 banana, for example
- 3 cups of vegetables =



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