

1 in 3 of us is at risk for **Diabetes.**



Take Action Now.

Action Steps:

- 1) **Eat Healthy** – Eat 2 cups of fruit and 3 cups of vegetables every day.
- 2) **Move More** – Take the stairs, walk to work, park far away from the store.
- 3) **Know Your Numbers** – Routinely check your blood sugar, weight, cholesterol & blood pressure.

For more information, call 402-434-7170
or visit www.123ActionNow.org.

