

## MAKE A POSITIVE LIFESTYLE CHANGE AND REDUCE YOUR RISK OF DEVELOPING TYPE 2 DIABETES

### Count your steps for change

**7,192**  
AVERAGE STEPS  
MEN TAKE A DAY

**5,210**  
AVERAGE STEPS  
WOMEN TAKE A DAY

**2,000–3,000**  
STEPS PER DAY FOR  
SEDENTARY PEOPLE



DOWNLOAD A Pedometer app for your smart phone and count your steps on **14 NOVEMBER**

### Choose your steps for change

TAKE A GLASS  
OF ICE-COLD  
WATER



**DRINK**

WALK  
PAST  
THE LIFT



**CLIMB**

AT WORK,  
KICK BACK  
YOUR  
CHAIR



**STAND**

GIVE  
YOUR  
CAR  
A REST



**CYCLE**

AT HOME,  
CUE UP  
SOME  
TUNES



**CLEAN**

GO OUTSIDE  
AND TAKE A  
DEEP BREATH



**SKIP**

The World Diabetes Foundation is dedicated to supporting prevention and treatment of diabetes in the developing world.

The Foundation creates partnerships and acts as a catalyst to help others do more.

The World Diabetes Foundation strives to educate and advocate globally in an effort to create awareness, care and relief to those impacted by diabetes.

Discover more at [worlddiabetesfoundation.org](http://worlddiabetesfoundation.org)

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WORLD **DIABETES** FOUNDATION

## WHY TAKE THE STEPS?

Because diabetes is a pandemic

Today, more than 380 million people have diabetes. By 2035, that could rise to 592 million.

The symptoms of type 2 diabetes are so slow to appear they can go unnoticed. In fact, half the people with type 2 diabetes do not even know they have it. And that can be dangerous. Undiagnosed or uncontrolled diabetes can lead to long-term complications such as blindness, heart disease and kidney failure.

But the news is not all bad. In many cases, type 2 diabetes can be delayed and even prevented altogether.

### 3 STEPS YOU CAN TAKE

**STEP 1.** CHECK YOUR RISK

**STEP 2.** EAT HEALTHY

**STEP 3.** TAKE REGULAR EXERCISE

Take these three steps and join us on the journey to change diabetes, so millions more can live long, healthy and active lives.



## step 1 CHECK YOUR RISK

Your risk of developing diabetes depends on a variety of factors such as where you live, your lifestyle and your ethnic background.

- Type 1 diabetes can develop at any age, but usually begins in people under 20
- Type 2 diabetes is most prevalent in people over 40 who do not take regular exercise

### TYPE 2 DIABETES IS MORE LIKELY TO DEVELOP IF ...



... SOMEONE IN YOUR FAMILY HAS IT.



... YOU ARE OF NATIVE AMERICAN, AFRICAN AMERICAN, HISPANIC OR ASIAN DESCENT.



... YOU ARE OVER 40.



... YOU HAVE AN UNHEALTHY LIFESTYLE.



## step 2 EAT HEALTHY

Recommendations:

- Eat plenty of fruit and vegetables
- Cut down on saturated fat found in butter, cheese, cream and fatty meat
- Eat less sugar
- Create a diet plan with your healthcare provider
- If you are trying to lose weight, a loss of ½–1 kg a week is considered safe and healthy

### BASE YOUR HEALTHY MEALS ON LOW-FAT OPTIONS FROM:



MEAT AND FISH



WHOLE GRAINS



FRUIT AND VEGETABLES



MILK AND DAIRY



## step 3 TAKE REGULAR EXERCISE

Regular exercise helps to keep your blood sugar levels stable, reduces your risk of developing chronic diseases, and improves your feeling of well-being. And it does not need to be hard. Just **10,000 STEPS** a day add up to the amount of exercise recommended by many health authorities to reduce health risks. Here are three tips to get you started:



### 1. START SLOW

You can enjoy the benefits of exercise without having aches and pains the next day.



### 2. KEEP GOING

Experts recommend at least 30 minutes of exercise every day for adults.



### 3. HAVE FUN

Do something you enjoy. Even simple activities such as walking or dancing can help lower blood pressure, cholesterol and the risk of heart disease.



### GET SOCIAL

Try downloading a pedometer app, such as 'Walk' by 'Map My Walk'. You can count your steps, monitor your calories, and share your walks and results.



GLOBAL DIABETES WALK  
TAKING STEPS TO PREVENT DIABETES  
WORLD DIABETES DAY 14 NOVEMBER 2014

[WWW.WORLDDIABETESFOUNDATION.ORG](http://WWW.WORLDDIABETESFOUNDATION.ORG)



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