



SPOTLIGHT: DIABETES PREVENTION



Q. What do these things have in common?

1. Drinking soda
2. Playing video games
3. Watching TV
4. Eating fast food often
5. Eating large portions
6. Being overweight
7. Being a sports spectator
8. Frying foods

A. All of them play a part in developing diabetes.

Q. A change in which three of the 8 items above plays the biggest part in preventing diabetes?

A. 2., 3., and 7.

Regular physical activity is the *one* most important thing to do to prevent diabetes. It can be walking, gardening, housework, using the Fitness Center, dancing, playing basketball, or

anything else that keeps you moving. The trick is to find activities you love to do, and to do something active on most days of the week.

Talk to Carla about joining the Move & Improve program as a way to get motivated this spring. It is a 12 week program starting March 9. There are great prizes at the end of the program. Sign up soon!

**This article was written by Madeleine Martin, the staff nutritionist at the Health Center.*