

# Mission In Motion

Health & Wellness  
Tip of the Week  
Week 39



**September 23, 2013**

We're not going to sugar coat this... More Americans have diabetes than ever before. No one has found a cure for diabetes, but there are steps you can take to help prevent the disease, including:

- Eating right
- Maintaining a healthy weight
- Getting plenty of exercise
- Knowing your risk factors

You can help protect your health by practicing a healthy lifestyle, and making sure you have your blood sugar tested.

*Source: American Diabetes Association*

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