

# Health and Wellness Tip of the Week - Week 47

November is Diabetes Awareness Month. It's the perfect time to remind employees about the importance of staying healthy and lowering your risk of diabetes.

November 23, 2015

## Stop Diabetes In Its Tracks

Before people develop type 2 diabetes, they almost always have pre-diabetes—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. More than 54 million people in the United States have this condition.

If you have pre-diabetes, you can prevent the development of diabetes by:

### Step 1

Engaging in just 30 minutes of daily moderate physical activity

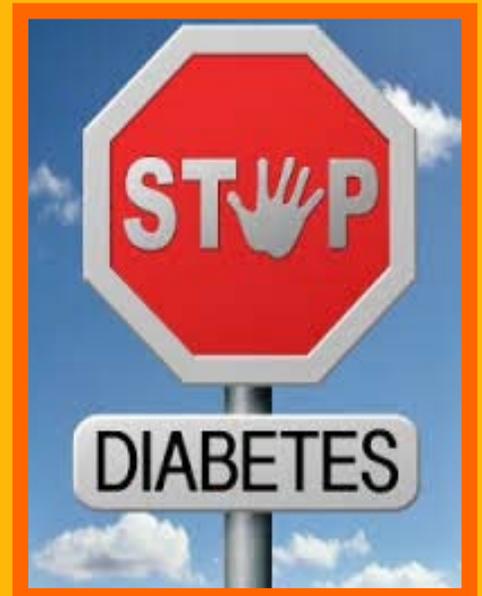
### Step 2

Making healthy food choices

### Step 3

Reducing your body weight by five to 10 percent

Sources: BlueCross BlueShield of Texas



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