

Health and Wellness Tip of the Week - Week 48

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.

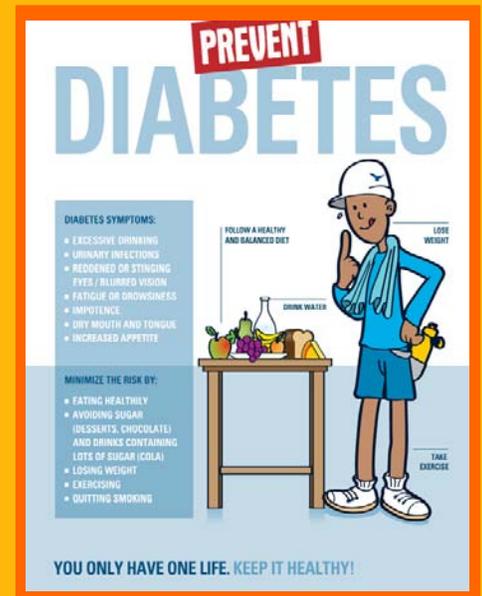
November 30, 2015

Make Diabetes Prevention Your Intention

You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake, losing a little weight, cutting out tobacco products, lowering blood pressure and cholesterol levels can enhance your health. To help lower your risk of diabetes:

- Make a plan to change behavior.
- Decide exactly what you will do and when you will do it.
- Plan what you need to get ready.
- Think about what might prevent you from reaching your goals.
- If you smoke, enroll in a smoking cessation program.
- Find family and friends who will support and encourage you.
- Decide how you will reward yourself when you do what you have planned.

Source: The National Institute of Diabetes and Digestive and Kidney Diseases



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630