



Mission In Motion

Health & Wellness Weekly Bulletin
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Trim the fat and reduce your diabetes risk

Obesity is the most important risk factor for type 2 diabetes. Between 80 and 90 percent of people with type 2 diabetes are overweight—that means they weigh at least 20 percent more than the ideal body weight for their height and build. If you have a family history of diabetes, maintaining a healthy weight can be one of the most vital things you can do for your health. A low-fat diet and regular physical activity can help you lose weight and keep it off.

Source: American Academy of Family Physicians



Human Resources Dept.

**1201 E. 8th Street
Mission, TX 78572**

956-580-8630

