



Mission In Motion

Health & Wellness Weekly Bulletin

November 2012—Diabetes



November 13, 2012: Week 2

Small steps, big rewards



Do you have pre-diabetes? This means you have higher than normal blood glucose levels, but you don't yet have diabetes. Here's some good news if you have this condition. You may only need to lose a modest amount of weight to prevent type 2 diabetes. For example, a 200-pound person would need to drop about 10 to 15 pounds. You can do this by adding 30 minutes of physical activity to your daily routine and create—then stick to—a healthy low-calorie, low-fat eating plan. Talk to your doctor about a prevention plan that would work best for you. Preventing diabetes offers big rewards, including peace of mind and increasing your chance for a healthier, longer life.

Source: National Diabetes Education Program



Human Resources Dept.

1201 E. 8th Street
Mission, TX 78572

956-580-8630

Diabetes Guide



Non fasting: 200 or above
 Fasting: 126 or above

Non fasting: 140-199
 Fasting: 100-125

Non fasting: 139 or below
 Fasting: 99 or below

source: <http://ndep.nih.gov>