



# Mission In Motion

## Health & Wellness Weekly Bulletin

### November 2012—Diabetes



**November 26, 2012: Week 4**

### Recently diagnosed with type 2 diabetes?



You may not realize it, but you can make this a turning point for your children as well. Studies show that a family history of diabetes can put children at risk for insulin resistance, obesity, hypertension and heart disease. Develop a family plan to keep diabetes at bay by:

- Serving healthy foods and controlling portion sizes
- Engaging in regular physical activity
- Losing pounds and maintaining a healthy weight
- Talking to your children's doctor about diabetes risks

Source: American Academy of Family Physicians



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