

# Health & Wellness

## Tip of the Week

**November** is all about **Diabetes**. It is the perfect time to remind you about the importance of taking small steps to lower your chances of getting this disease.

### Diabetes Tips

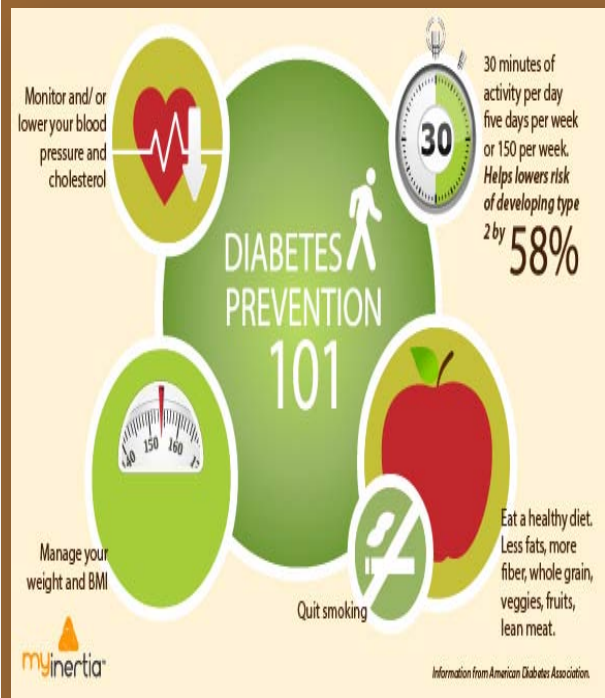
Take a couple of minutes to learn what you can do to steer clear of type 2 diabetes. Diabetes is one of the major causes of disability and death. But you can take small steps to lower your chances of getting this disease:

- Talk to your doctor to learn if you may be at risk.
- Keep a healthy weight. Losing just 7% of your body weight has been shown to lower your risk.
- Stay active and work out at least three times a week.
- Keep your blood pressure and cholesterol in check.
- Quit smoking.
- Get regular blood sugar tests.

Learning about Type 2 prevention can help you have more time to enjoy a healthy, productive life.

*Sources: U.S. Department of Health & Human Services*

Week 48  
November 28, 2016



Human Resources  
1201 E. 8<sup>th</sup> Street  
Mission, Texas 78572