

 **Healthy Lifestyle**  **Diabetes**

**THE PREVENTION AND CONTROL OF DIABETES IS IN YOUR HANDS** [www.paho.org/diabetes](http://www.paho.org/diabetes)



**I will do physical activity for 30 minutes most days**

**I will eat more fish, fiber, fruits and vegetables**

**I will take my medicines regularly as indicated**

**I will follow a #HealthyLifestyle to prevent #Diabetes**