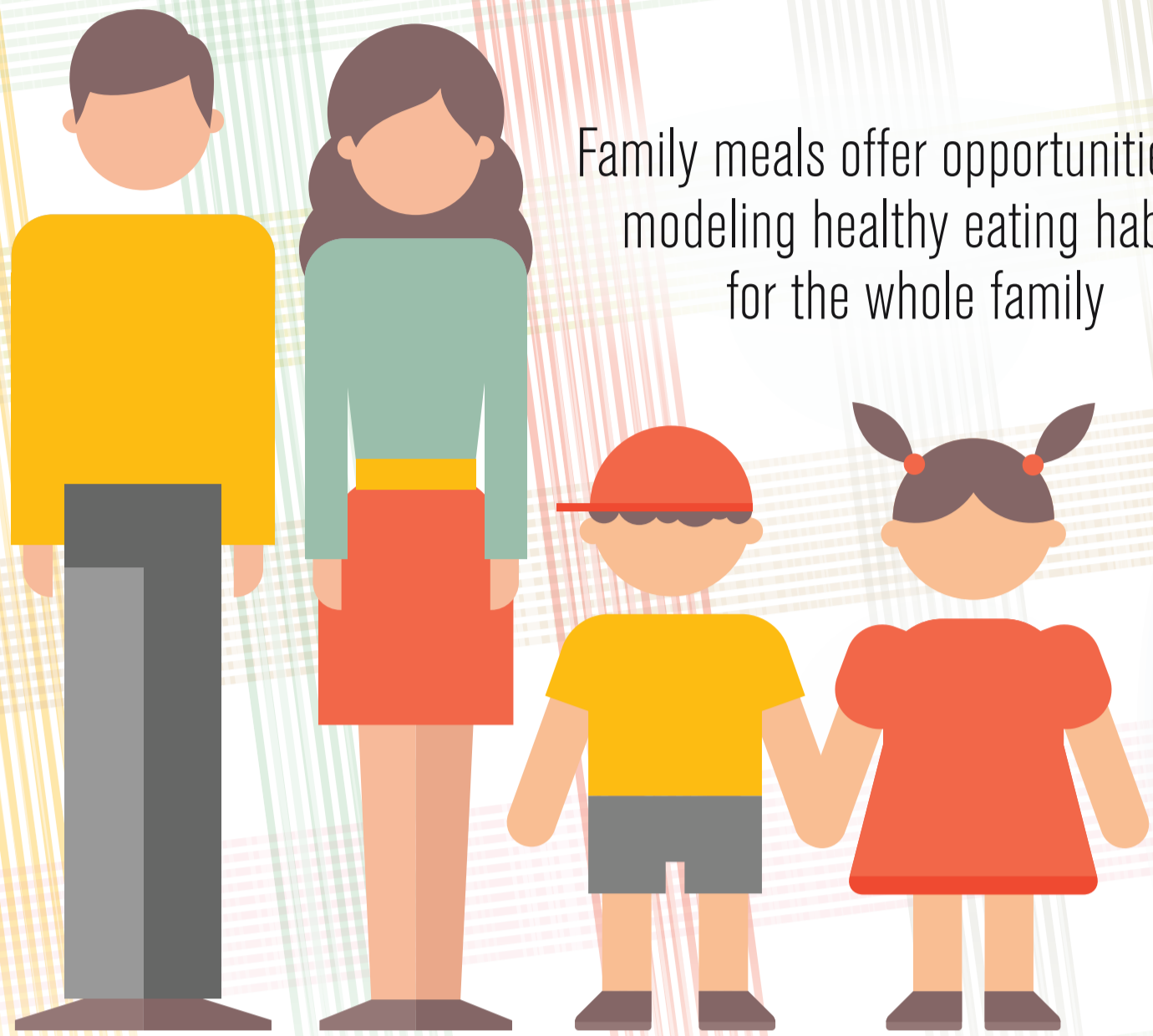


# ADOPTING HEALTHY HABITS

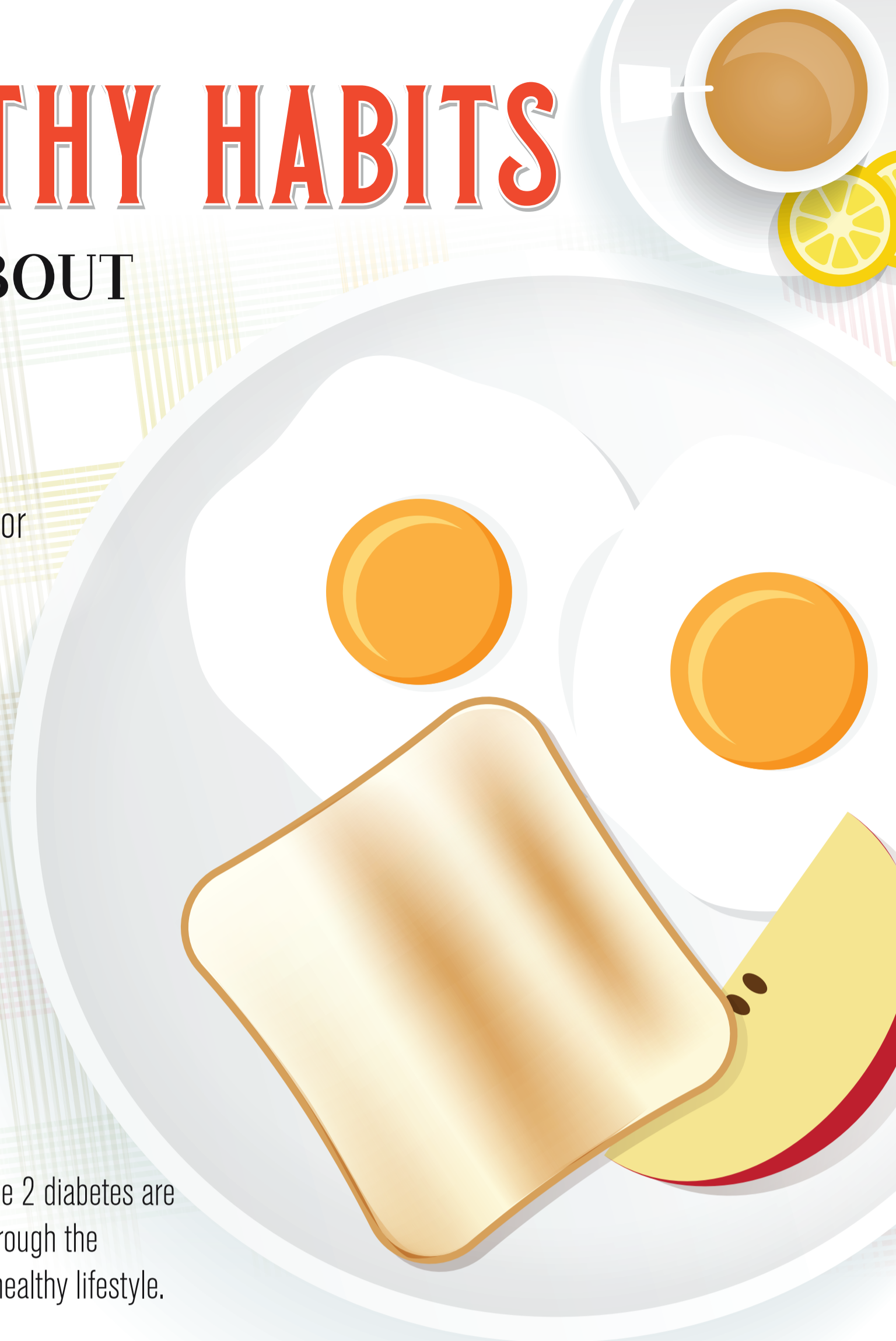
HELPS PEOPLE YOU CARE ABOUT  
BE HEALTHIER, TOO.



Family meals offer opportunities for modeling healthy eating habits for the whole family

**76** PERCENT said they thought sharing a meal was a good way to bring people closer together.

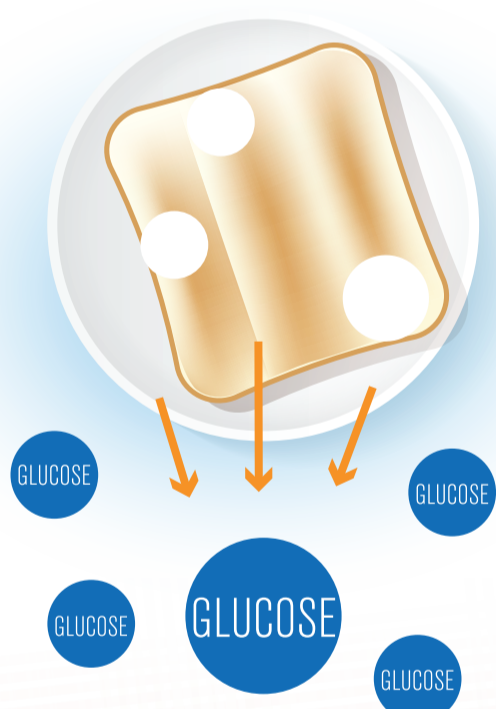
**80** PERCENT of cases of type 2 diabetes are preventable through the adoption of a healthy lifestyle.



## HOW THE BODY WORKS



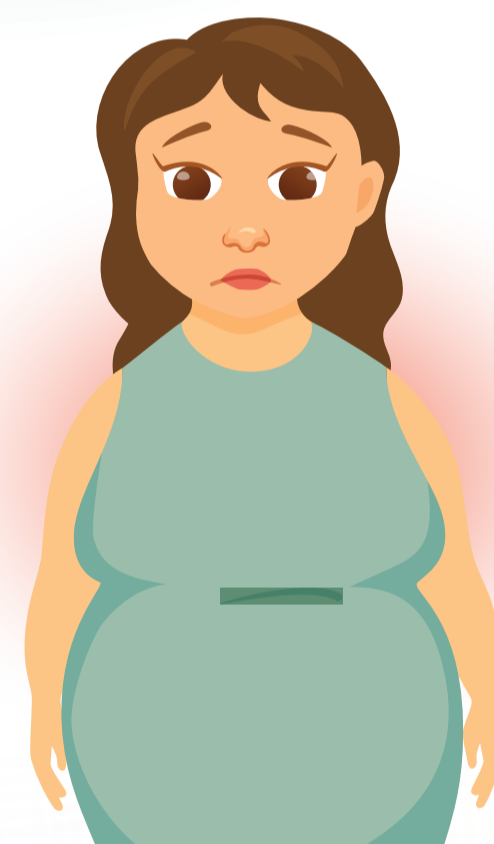
When you eat carbohydrates your body breaks it down into a sugar called glucose.



Carbohydrates are broken down and turned into glucose, a simple sugar.



The glucose enters your muscles cells. This gives you energy.



Excess glucose will be converted to glycogen, and stored when you need it. Too much unused glucose turns to fat.

## ACTION PLAN

### EAT HEALTHY FOODS

Choose foods lower in fat and calories and higher in fiber.



Focus on fruits, vegetables and whole grains. Strive for variety to prevent boredom.

### GET MORE PHYSICAL ACTIVITY

Aim for 30 minutes of moderate physical activity a day.



Take a brisk walk. Ride your bike. Swim laps. If you can't fit in a long workout, break it up into smaller sessions spread throughout the day.

### LOSE EXCESS POUNDS

Prevent or delay diabetes by losing 5-7 percent of your starting weight.



For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.