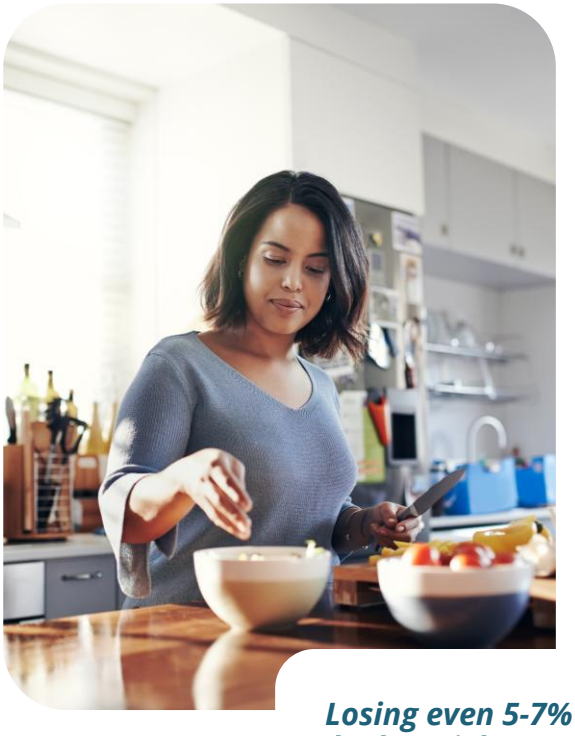
Prediabetes:
Know Your Risk



What is prediabetes?

Prediabetes means your blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Many people don't notice symptoms, but without action, prediabetes can progress to diabetes—and increase your risk for heart disease and other health issues.

Losing even 5-7% body weight can significantly reduce your risk

Are You At Risk?

You may have a higher risk if you:

- Are overweight or inactive
- Are age 45 or older
- Have a family history of diabetes
- Have high blood pressure or cholesterol
- Had gestational diabetes during pregnancy

Simple Steps to Help Prevent Diabetes:

1. **Move More**: Aim for at least 150 minutes of moderate activity per week. Try walking, biking, swimming, or even short activity breaks throughout your day.
2. **Eat Smart:** Focus on whole foods like fruits, vegetables, lean proteins, and whole grains, while limiting added sugars and refined carbs and paying attention to portion sizes.
3. **Maintain a Healthy Weight**: Managing your weight through balanced nutrition and regular activity supports better blood sugar control and supports long-term wellness.
4. **Stay Hydrated:** Choose water over sugary drinks.
5. **Prioritize Sleep and Stress Management:** Aim for 7-9 hours of sleep per night and make time for stress reducing activities like stretching, mindfulness, or deep breathing.

Take Charge of Your Health:

With small, consistent changes, you can lower your risk and protect your long-term health. Looking for support? Contact HealthCheck360 today at 1.866.511.0360 ext. 5099 or healthcoach@healthcheck360.com

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