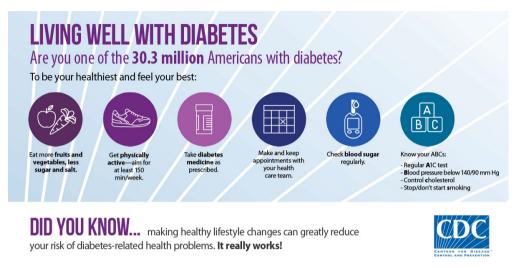
C H A M P S L I F E L I N E

DIABETES



Diabetes impacts 30.3 million citizens in the United States. Of these, one in four do not even know they are affected. The two most common types of diabetes are Type 1 and Type 2. People with Type 1 are not able to produce enough insulin to control their blood sugar. They also often have family members with diabetes. Type 2 diabetes occurs when a person's body does not use insulin the way it should, leading to increased blood sugar levels. Around 90% of people living with diabetes suffer from Type 2. Side effects of diabetes include vision loss, heart disease, stroke, kidney failure, amputation of limbs, and death.

and death. "You don't have to let your life be destroyed by diabetes. You can reclaim your life." - Della Reese, American Jazz and Gospel Singer

Top3Tips 1. Eat healthy

- Avoid large amounts of high carb foods, such as juice, snacks and sweets.
- Include lots of leafy green vegetables, meats, fish, and poultry in your diet.

2. Exercise regularly

• Exercise for at least 20 minutes every day.

3. Speak with a doctor

If you experience
symptoms, ask about getting
your blood sugar and A1C
levels checked.



Graphic by https://www.teamnovonordisk.com/exercise-and-diabetes/