WHY TAKE THE STEPS?
Because diabetes is a pandemic

Today, more than 425 million people have diabetes. By 2045, that could rise to 629 million.

The symptoms of type 2 diabetes are so slow to appear they can go unnoticed. In fact, half the people with type 2 diabetes do not even know they have it. And that can be dangerous. Undiagnosed or uncontrolled diabetes can lead to long-term complications such as blindness, heart disease and kidney failure.

But the news is not all bad. In many cases, type 2 diabetes can be delayed and even prevented altogether.

THREE STEPS FOR CHANGE

The World Diabetes Foundation is dedicated to supporting prevention and treatment of diabetes in the developing world.

The Foundation creates partnerships and acts as a catalyst to help others do more.

The World Diabetes Foundation strives to educate and advocate globally in an effort to create awareness, care and relief to those impacted by diabetes.

Discover more at worlddiabetesfoundation.org

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Your risk of developing diabetes depends on a variety of factors such as where you live, your lifestyle and your ethnic background.

- Type 1 diabetes can develop at any age, but usually begins in people under 20.
- Type 2 diabetes is most prevalent in people over 40 who do not take regular exercise.

**Type 2 Diabetes is more likely to develop if …**

- Someone in your family has it.
- You are over 40.
- You have an unhealthy lifestyle.
- You are of Native American, African American, Hispanic or Asian descent.

Regular exercise helps to keep your blood sugar levels stable, reduce your risk of developing chronic diseases, and improves your feeling of well-being. And it does not need to be hard. Just **10,000 steps** a day add up to the amount of exercise recommended by many health authorities to reduce health risks. Here are three tips to get you started:

1. **Start slow**
   You can enjoy the benefits of exercise without having aches and pains the next day.

2. **Keep going**
   Experts recommend at least 30 minutes of exercise every day for adults.

3. **Have fun**
   Do something you enjoy. Even simple activities such as walking or dancing can help lower blood pressure, cholesterol and the risk of heart disease.

Get social:
Try downloading a pedometer app, such as ‘Walk’ by ‘Map My Walk’. You can count your steps, monitor your calories, and share your walks and results.

**Recommendations:**

- Eat plenty of fruit and vegetables
- Cut down on saturated fat found in butter, disease, cream and fatty meat
- Eat less sugar
- Create a diet plan with your healthcare provider
- If you are trying to lose weight, a loss of 1½–1 kg a week is considered safe and healthy

**Base your healthy meals on low-fat options from:**

- Meat and fish
- Whole grains
- Fruit and vegetables
- Milk and dairy

**Eat healthy**

**Check your risk**

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