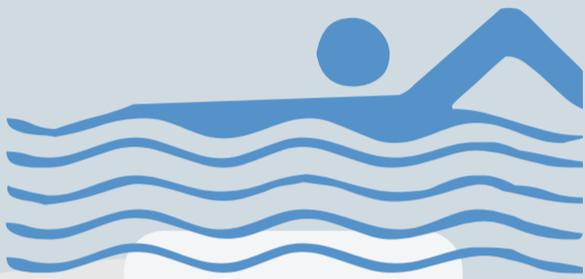


# DIABETES

## REDUCE YOUR RISKS



swimming



cycling



brisk walking



dancing

30 minutes of exercise  
a day can reduce  
your risk of developing  
type 2 diabetes by 40%

