

NOW'S THE TIME

TO PROTECT WHAT'S REALLY IMPORTANT

Most people with prediabetes, or borderline diabetes, don't even know they have it! People with prediabetes have higher-than-normal levels of sugar in their blood, but not enough to be type 2 diabetes...yet! The good news? Prediabetes can be reversed!

Don't wait to take action.

Taking the time to make healthy changes will help you eat healthier, get active, manage your weight and quit tobacco.



EAT HEALTHIER

Less fat doesn't mean less flavor! By firing up the oven, grill or steamer, you can make delicious food that is healthier. Test out new spice combos to give your recipes an extra kick!



GET ACTIVE

Start small by taking the stairs instead of the elevator or parking far away. Schedule time with yourself or a friend to exercise for at least 30 minutes five times a week.



MANAGE WEIGHT

Get a friend, coworker or family member to work with you to get to a healthy weight. Even losing a small percentage of your body weight can help prevent diabetes!



QUIT TOBACCO

Visit www.quitwithusla.org to get started on your quit journey. Get connected to tools and support to help you quit and stay quit!

Don't wait—take a short, easy quiz at NowstheTimeLA.com to learn more about your health. By knowing your risk, you can protect what's really important—your health, your goals and your family.

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WELL-AHEAD 

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