

A photograph of a man and two children standing in a cemetery. The man is holding a black and white striped umbrella over them. The children are wearing raincoats and hats, and holding bouquets of flowers. They are standing in front of a large, arched stone structure, possibly a tomb or a monument. The scene is outdoors, with trees and a bench visible in the background.

Staying **healthy** isn't easy.

Then again, neither is **dying**.

When you consider the alternative, eating right and staying active really don't seem so bad.

Many of the nearly one million deaths each year from type 2 diabetes, heart disease and stroke could be prevented with a few

lifestyle changes—including regular physical activity, healthier food choices and not smoking. It's not easy. But it is worth it.

Talk to your doctor about your risk for type 2 diabetes and heart disease.

 American Diabetes Association.

Check✓Up **America**.org

1-800-DIABETES