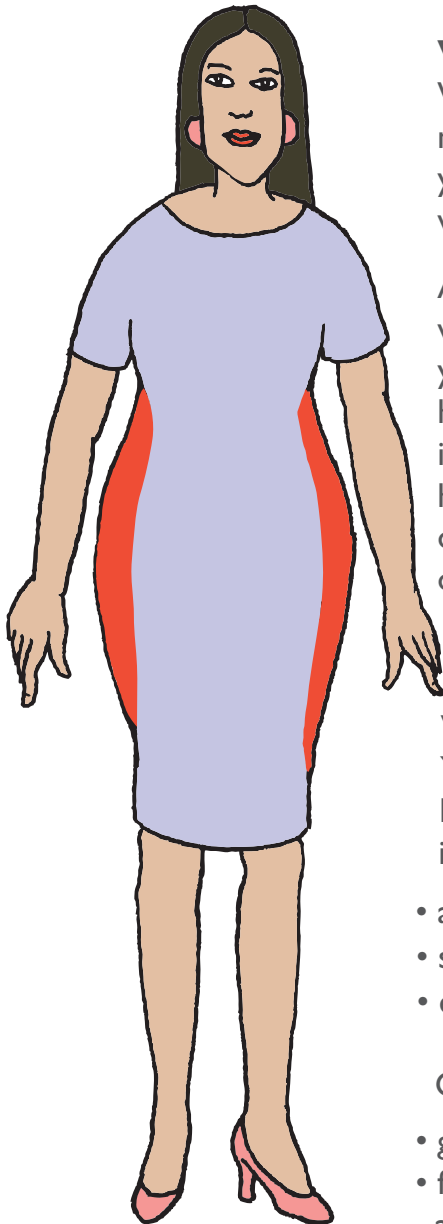


DIABETES AND YOUR WAIST



What is your waist size?

Waist size is a sign of how much you weigh. The more you weigh, the larger your waist often becomes.

An increase in weight or waist size is a sign that your risk or chance of having diabetes may be increasing. Many of us have no idea what weight or waist size is good for our health.

What can you do?

You can lose weight and lower your risk for diabetes if you:

- are physically active every day
- stop smoking, if you smoke
- eat healthy foods in the right amounts

Call your doctor or health clinic today to:

- get an easy, low-cost test for diabetes
- find out the weight and waist size that are right for you

