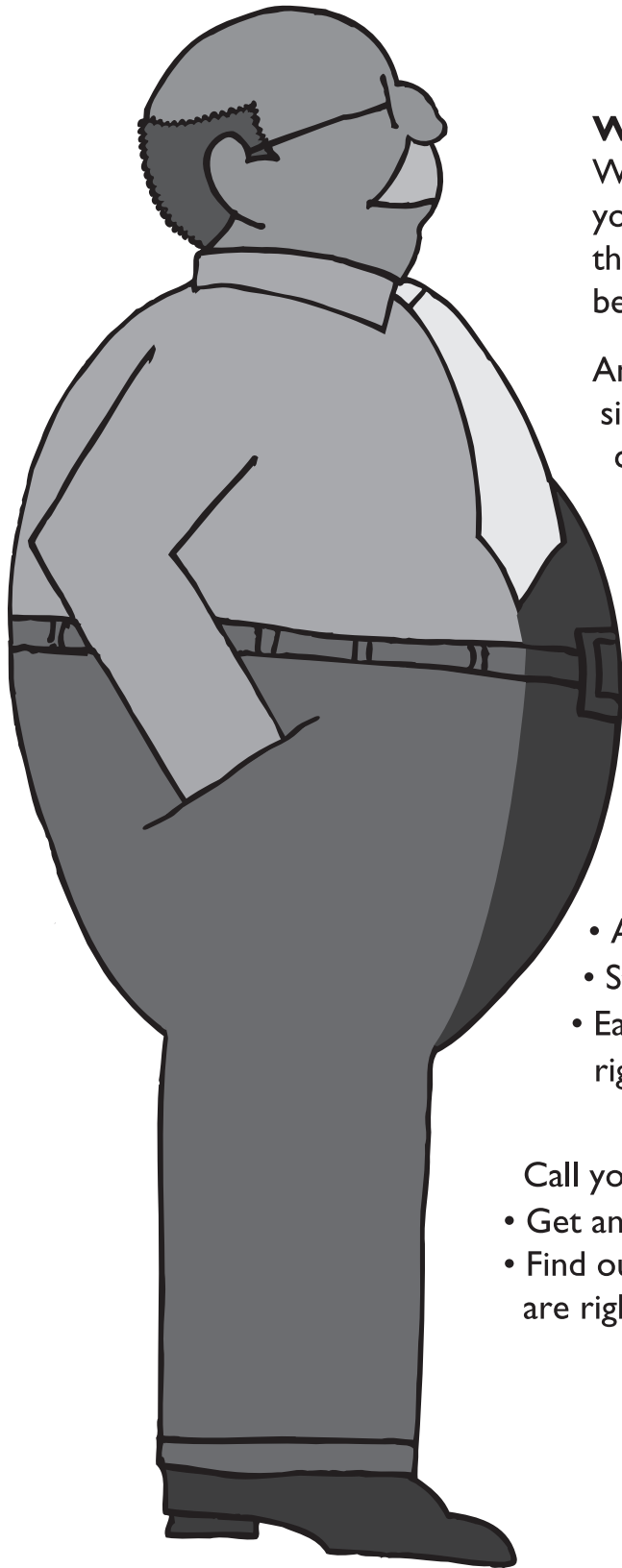


# DIABETES AND YOUR WAIST



## **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

