A few simple lifestyle changes can help you prevent or reverse prediabetes.

Use these 5 tips to help you move more and make healthy food choices every day—and to help you dodge diabetes:

1. **Get your friends and family involved.**
2. **Track your steps.**
3. **Learn to read food labels.**
4. **Limit sweets, especially sugar-sweetened drinks.**
5. **Do not keep chips, cookies, or candy in your home.**

Want more?

For more ideas for simple changes to prevent diabetes, visit **PacificSource.com/preventdiabetes.**

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Fold on dotted lines and tape ends together.

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