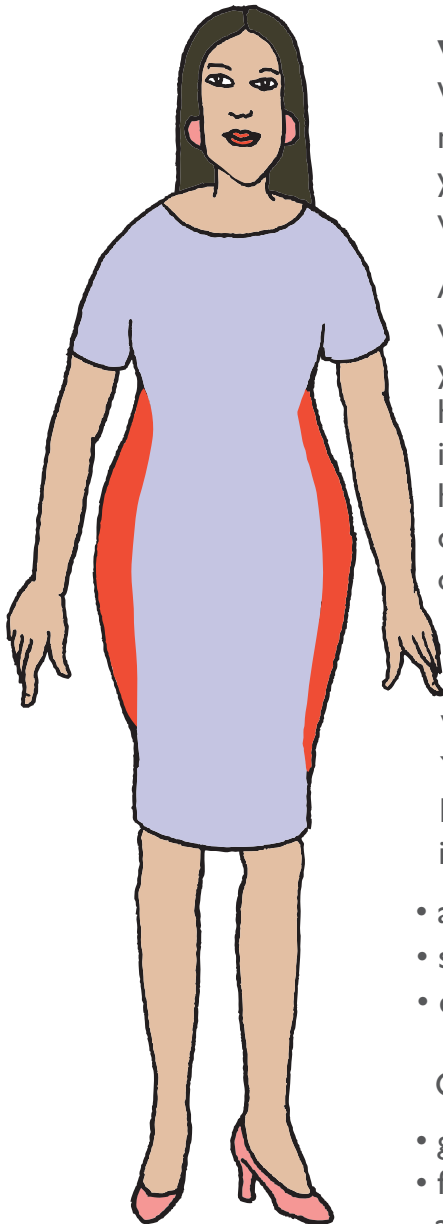


# DIABETES AND YOUR WAIST



## 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

