[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Aunt: Come here and give Auntie a hug!

Niece: Wow, you sure have lost some weight!

Aunt: How do you know that, Princess?

Niece: Because now, when I hug you, I can feel both of my arms around you and touch my fingertips. Are you on one of those diets that Mommy tries every month?

Aunt: Heh, heh, heh. No Sweetie. I'm just trying to eat healthier and move more so that I can spend more time with you!

Niece: What do you mean?

Aunt: Well, diabetes runs in our family and I'm trying to prevent it before I get it. There's a new program that has tips on more than 50 ways to prevent diabetes. So I'm doing it and getting results.

Niece: So, you mean you're doing this all for me?

Aunt: Well, something like that! Mwah!

Announcer: Talk to your healthcare provider. Losing a small amount of weight by being active thirty minutes, five days a week and eating healthier can prevent type 2 diabetes. For more information and to get your free More Than 50 Ways brochure, call 1-800-438-5383. This message from the US Department of Health and Human Services', National Diabetes Education Program.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.