

## **Diabetes – Get Real PSA (:30)**

[Man] Are you training for a marathon or something?

[Woman] I heard if you lose lots of weight, you can prevent diabetes.

[Man] Get real! You don't have to knock yourself out to prevent diabetes. Take small steps. Talk to your healthcare provider. Losing a small amount of weight by being active 30 minutes five days a week and eating healthier can prevent diabetes.

For more information, call 1-800-438-5383 and ask for "Get Real."

A message from the Department of Health and Human Services' National Diabetes Education Program.