

## **Diabetes – Get Real PSA (:60)**

[Woman] I'll never get used to these 10 mile runs. They are taking so much time out of my day!

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

[Woman] Diabetes runs in my family and I heard if you lose lots of weight, you can prevent it. So I started running like crazy and I cut my calories big time!

[Man] Oh get real! You don't have to knock yourself out to prevent diabetes! My doctor said it's the small lifestyle changes you make that matter, because it's easier to stick to them.

[Woman] Wow! Really?

[Man] It worked for me. Six months ago, I started walking a lot and I stopped eating the fried stuff. I've lost 10 pounds! My doctor said I'm doing great.

[Woman] I'll have to ask my doctor about this. I'd love to get my life back.

[Man] Talk to your health care provider. Losing a small amount of weight by being active 30 minutes five days a week and eating healthier can prevent type 2 diabetes.

To get your free game plan for preventing type 2 diabetes, call 1-800-438-5383.

This is a message from the U.S. Department of Health and Human Services and the National Diabetes Education Program.