

Pledge for Life! Session 7

Take the pledge for life with Lola Idad's family. Try to do one or more of these activities by yourself or share them with others.

- Know the symptoms of diabetes.
- Talk to your doctor about your risk factors for diabetes and about your ABC numbers.
- Find out if you or other family members have prediabetes or diabetes.
- Eat smaller portions of food.
- Do physical activity every day.
- Lose weight if you are overweight or obese.
- Maintain your weight if it is in the healthy range.
- Keep a food and physical activity diary.
- Make reasonable goals for yourself and reward yourself with non-food items, like watching a movie.
- Other _____