**Announcements – November Diabetes awareness**

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November is diabetes awareness month. Diabetes is a serious, chronic disease. There is no cure for diabetes but diabetes can be managed. By making healthy foods choices and becoming physically active you can help prevent diabetes from developing in the future. Our goal is for each and everyone of you to make smart healthy choices.

Do you know that you can prevent or delay type 2 diabetes by being physically active, maintaining a healthy weight, making healthy food choices, and not smoking. Think of ways you can make healthier choices in your life.

Now is the time to start living a healthier lifestyle. Start by exercising everyday and by eating a balanced diet food from all the food groups. Exercise and proper nutrition are important for everyone.

Being physically active is one of the best ways in leading a healthier lifestyle. Think of ways to increase your exercise, take the stairs, walk or bike to school, join a sports team or intramurals. There are many ways to increase your physical activity. Start today.

This month is diabetes awareness month. Choose a healthy diet consisting of all the food groups. Eating healthy means decreasing the amount of fat you eat, making alternative choices when eating fast food, and help around the kitchen to learn how to make healthy foods at home. Start making healthy choices today.

Do you know that exercise and proper nutrition are important for everyone and are particularly important for someone living with diabetes. This month is diabetes awareness month. Make healthy choices everyday and challenge yourself today to live a healthier lifestyle.