

**LET'S
REDEFINE
THE SWEET
LIFE**

DIABETES

You can make changes to control or even prevent type 2 diabetes altogether. Either way, balanced nutrition and regular exercise are the keys to living a sweet life.



Quit while you're ahead

Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers.* Ready to quit? Get help breaking the habit at kp.org/quitsmoking.

Stay healthy



Watch for sneaky sugars

Hidden sugar in savory staples like pasta sauce and salad dressing add up fast – and won't satisfy a sweet tooth! Compare labels to pick low-sugar options.



Make more moves

Mix up your fitness routine. Cardio and strength training can help control type 2 diabetes, but the greatest benefit comes from a workout schedule that includes both.

*Centers for Disease Control and Prevention



Share how you stay healthy with **#RiseAndThrive**

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