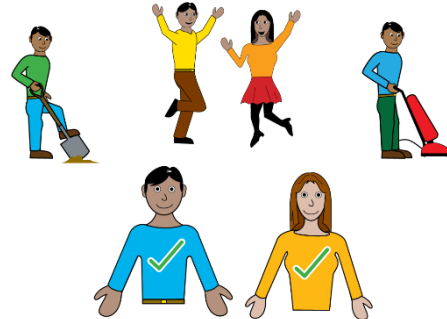


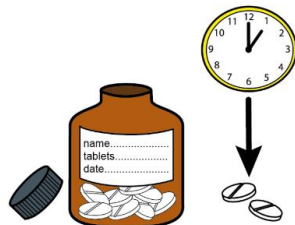
## How to stay healthy with pre-diabetes



**Eat a healthy balanced diet**



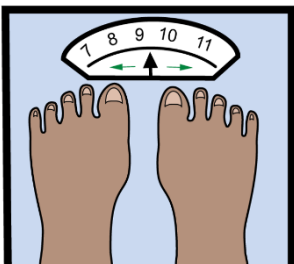
**Exercise and move more**



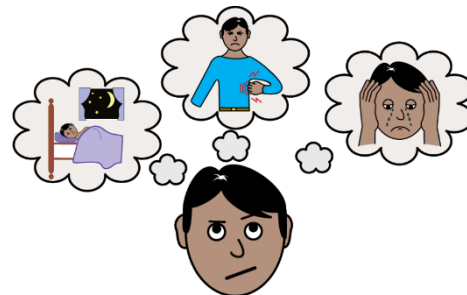
**Take your medications from the Doctor or nurse.**



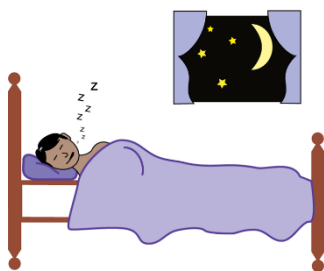
**Don't drink too much alcohol**



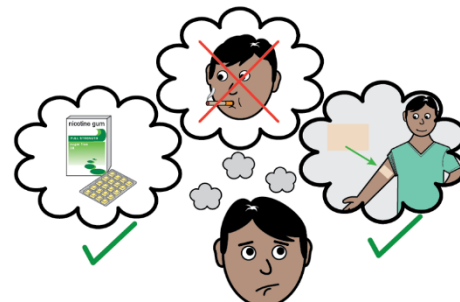
**Lose weight if you need to**



**Seek help if you are worried**



**Get enough sleep**



**Ask for stop smoking help**