



HORNET HEALTHY LIVING: VOLUME 6

November is National Diabetes Awareness Month

Develop Healthy Habits to Prevent or Manage Diabetes

Follow a Healthy Eating
Plan



Eat a Rainbow of Fruits
And Vegetables



Regular Physical Activity
30-60 minutes/day



Maintain a Healthy Weight
What is your Body Mass Index (BMI)?

Find out at:
www.CDC.gov/healthyweight/bmi/calculator.html



Get Enough Sleep
7 – 9 hours/day



KNOW THE WARNING SIGNS OF DIABETES

Excessive Thirst Freguesnt Urination Unexplained weight loss Exhaustion
Seek IMMEDIATE Medical Care If you are experiencing these symptoms