



## 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



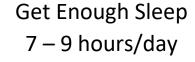
Regular Physical Activity 30-60 minutes/day



Maintain a Healthy Weight
What is your Body Mass Index (BMI)?
Find out at:

www.CDC.gov/healthyweight/bmi/calculator.html











## **KNOW THE WARNING SIGNS OF DIABETES**

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