

# JOIN THE 21 DAY CHALLENGE TO END DIABETES TODAY

## DID YOU KNOW?

Research has shown that physical activity, managing your diet, and reducing your stress levels not only improves your health and quality of life, but can help you prevent and manage diabetes.

Here are some suggested easy activities you can do for your 21 days.

EXERCISE	EAT HEALTHY	DE-STRESS
<ul style="list-style-type: none"> <li>• Be active for 30 minutes after dinner</li> <li>• Bike to work</li> <li>• Take the stairs</li> </ul>	<ul style="list-style-type: none"> <li>• Drink more water</li> <li>• Pack your lunch</li> <li>• Eat breakfast</li> <li>• Choose healthier snacks</li> <li>• Cook at home</li> </ul>	<ul style="list-style-type: none"> <li>• Meditate</li> <li>• Talk to friends &amp; family</li> <li>• Read a book</li> <li>• Draw or colour</li> </ul>

We know that changing your lifestyle overnight isn't easy, but we also know that it only takes 21 days to form a healthy habit.

The 21 Day Challenge to End Diabetes dares you to take on a new healthy habit for 21 days in a row. Then challenge friends, family, and colleagues to do the same and make a donation on your behalf to raise vital funds to support people affected by diabetes.

**Go to [21DaysforDiabetes.ca](http://21DaysforDiabetes.ca)  
and sign up now!**



**1 IN 3 CANADIANS HAS DIABETES OR PREDIABETES. BUT TOGETHER WE CAN CHANGE THAT.**

**YOUR  
21 DAY CHALLENGE TO  
END DIABETES  
CALENDAR**

21DaysforDiabetes.ca | 1-800-BANTING (226-8464) | #Diabetes21



**YOUR HEALTHY HABIT:** e.g. walking to work, eating healthier etc.

**YOUR FUNDRAISING GOAL:** \$ e.g. 21 people x \$21

Use this calendar to keep track of your progress. Cross off the days as you get closer to your goal.

<p><b>1</b></p> <p>Thank you for taking the challenge.</p> <p><b>READY. SET. GO!</b></p>		<p><b>2</b></p>	<p><b>3</b></p> <p>The first few days are the hardest.</p> <p>We know you can do it!</p>	<p><b>4</b></p>	<p><b>5</b></p> <p>Have you asked your friends, family, and colleagues for a \$21 donation?</p> <p><b>Email them now!</b></p>	<p><b>6</b></p>	<p><b>7</b></p> <p><b>Congratulations! ONE WEEK DOWN!</b></p> <p>That wasn't so hard, was it?</p>
<p><b>8</b></p> <p>Great job so far! <b>STAY FOCUSED.</b></p>	<p><b>9</b></p> <p><b>KEEP GOING!</b></p>	<p><b>10</b></p> <p>Have you made a personal donation?</p> <p>Every dollar counts! <b>Donate today.</b></p>	<p><b>11</b></p> <p><b>YOU'RE MORE THAN HALFWAY TO FORMING A NEW HEALTHY HABIT!</b></p>	<p><b>12</b></p> <p>It won't be easy. But it will be worth it!</p>	<p><b>13</b></p> <p>Stay strong for the <b>1 in 3</b> Canadians living with diabetes or prediabetes.</p>	<p><b>14</b></p> <p><b>END OF WEEK TWO ALREADY?</b></p>	
<p><b>15</b></p> <p>This is the home stretch!</p> <p><b>Make your last push for donations now!</b></p>	<p><b>16</b></p>	<p><b>17</b></p> <p>You're making this look easy!</p>	<p><b>18</b></p>	<p><b>19</b></p> <p>Have you thanked your donors on social media?</p> <p>Use #Diabetes21 so we can thank them too!</p>	<p><b>20</b></p> <p>In <b>ONE</b> day, you'll have formed a <b>NEW</b> healthy habit!</p>	<p><b>21</b></p> <p><b>THANK YOU FOR HELPING END DIABETES!</b></p>	

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