

# 1 IN 3 CANADIANS HAS DIABETES OR PREDIABETES.



## BUT TOGETHER WE CAN CHANGE THAT.

### JOIN THE **21 DAY CHALLENGE TO END DIABETES TODAY!**

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!**

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>

For more information contact:

### 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.

Changing your lifestyle overnight isn't easy, but it takes only 21 days to form a habit.

### STARTING YOUR HEALTHY HABIT IS EASY:

1. Decide to make a change
2. Pick your healthy habit
3. Sign up at [21DaysforDiabetes.ca](http://21DaysforDiabetes.ca)
4. Get others to join you and take on the challenge themselves