



POSITIVE CHOICES, POSITIVE OUTCOMES



A startling 1 out of 3 adults have prediabetes, and 9 out of 10 don't know it. Moving more, eating healthy and losing weight can reduce your risk for prediabetes. This month, by using this chart, you can help your team make positive choices that can lead to positive outcomes.

TRADE THIS		FOR THAT
Sitting during a meeting	→	Walk or stand during a meeting
Coffee break	→	Water break
Vending machine snacks	→	Healthy snacks (veggies, fruits, nuts)
Taking the elevator	→	Taking the stairs
Add your own:	→	Add your own:
_____		_____



BONUS ACTIVITY

Enter the Prediabetes Awareness Challenge and WIN

UBT's can choose a team activity to help reduce prediabetes risk with healthy choices that are good for everyone. Learn more about how the challenge works at LMPartnership.org/hschampions.

The challenge takes place from July 1- 31, 2019. Submit your entry to UBTHSChamps@lmpartnership.org by August 9 to be eligible for prizes.

TIPS YOU CAN USE

You've got resources

Visit kp.org/healthy-workforce for ideas and tools to help your team be their healthy best.