

Love Means Putting Your Health and Heart First



Say "I love you" by taking steps to lower your risk of type 2 diabetes



Show your family you care by improving your heart health and reducing your risk for developing type 2 diabetes. With CDC's National Diabetes Prevention Program lifestyle change program, you'll learn the skills to eat better, become more physically active, and manage stress to improve your health.

To learn more about the lifestyle change program, visit **[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)**.