

WHAT'S YOUR WHY?

Fill in the boxes below, then cut along the dotted lines and give them to friends and family members who you'd like to see get healthy. You can write about why you chose to take steps to improve your health, why you'd like to see a family member learn about prediabetes, or why being healthy is important to you. When you give the slips to your friends and family, talk to them about the CDC lifestyle change program and let them know what your why is.



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