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I'm Glenn,
and **I prevent type 2 diabetes**
while on the road.

The goal is not just to lose weight. The goal is to eat properly. The goal is to set aside time for exercise. If I set those goals, the weight loss will come.

— Glenn Keller

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NATIONAL
DIABETES
PREVENTION
PROGRAM

#DiabetesMonth

[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)



Find out more about CDC's National
Diabetes Prevention Program lifestyle
change program at
[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention).



#DiabetesMonth
[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)