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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

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



NATIONAL
DIABETES
PREVENTION
PROGRAM

#DiabetesMonth