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**.

NATIONAL DIABETES PREVENTION PROGRAM

#DiabetesMonth

CDC.gov/diabetes/prevention