



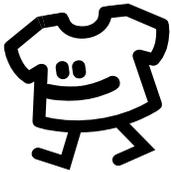
Getting Ready to Walk

Research has shown that a modest weight loss of 7% with at least 150 minutes of physical activity per week is effective in delaying or preventing type 2 diabetes. Walking for 20 minutes each day is an easy way to start! The list below helps you to prepare for a healthy and safe walk.



Make sure your shoes are comfortable. They should provide support for your ankles. The sole should be well-cushioned and flexible. (This will help prevent knee pain.)
Your feet and toes need space in your shoes!

Wear socks to help prevent blisters and wick away moisture from your skin.



Clothes should be loose-fitting and lightweight. You want to draw moisture away from your skin. Properly layer your clothing for the weather.



Hats, sunscreen, and sunglasses help protect your skin from the sun.



A towel can wipe away any sweat.

Don't forget to bring your ID card and glucose tablets. Remember to check your blood glucose before and after a walk!



Drink plenty of water to stay hydrated.