



Tip 1: One out of 11 people have diabetes.

Tip 2: Without weight loss and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within 5 years.

Tip 3: People with diabetes are at a higher risk for serious health complications such as blindness, kidney failure, heart disease, stroke or loss of toes, feet or legs.

Weekly Exercise: Foot Circles



Exercise Instructions:

- 1.) Standing on your left foot, raise your right foot off the ground.
- 2.) Flex your right foot forward, bringing the ball of the foot down and hold for 2 seconds, then backward, bringing the ball of the foot up
- 3.) Hold for 2 seconds.
- 4.) Repeat on the opposite foot.
- 5.) Repeat each foot 11 times.

**For more wellness tips and activities, visit <http://livewellshinebright.methodisthealthsystem.org>*