





Eat Well, Move More for Better Health

HELP YOUR TEAM COMBAT PREDIABETES AND MORE

Being active and eating a variety of healthy foods can be satisfying and fun. Doing these things can also help prevent prediabetes, a condition marked by elevated blood sugars that increases the risk of type 2 diabetes, heart disease and stroke.



THIS MONTH'S ACTIVITY: Use this chart for ideas on the behaviors you and your team can focus on. Try it for a week, try it for a day. Just jump in. Then join the UBT health and safety champions tele-town hall on Wednesday, July 24, to let us know how you did.

TRADE THIS	→	FOR THIS
Sitting during a meeting	→	Participating in a walking meeting or stretch breaks
Taking the elevator	→	Taking the stairs
Drinking sugary beverages such as soda, fruit juice or sports drinks	→	Drinking fruit-infused “spa” water, unsweetened coffee or tea, or flavored sparkling water
Ordering doughnuts for a breakfast meeting	→	Ordering yogurt with fruit for a breakfast meeting
Grabbing a candy bar from the candy bowl for that afternoon pick-me-up	→	Grabbing a piece of fruit, or veggies and hummus for a healthy snack
<p> Add your own: The current behavior we want to change</p> <input data-bbox="186 1365 747 1428" type="text"/>	→	<p> Add your own: The new behavior we want to take on</p> <input data-bbox="868 1365 1429 1428" type="text"/>

SMART Goal:

(UBT) will participate in the prediabetes awareness challenge and select **one healthy prevention activity** _____ to raise awareness on prediabetes within their team and department.

And make this a **SMARTIE Goal** by taking steps to make it **inclusive** and **equitable**.

INCLUSIVITY for all UBT members regardless of physical abilities or limitations.

Ensure **EQUITABLE** opportunities for all staff to participate regardless of work shift.

TAKE THE [PREDIABETES AWARENESS CHALLENGE](#)

Prediabetes Test

Could you have prediabetes?

1 out of 3 people have prediabetes, and 80 percent of those people don't know they have it.

But it only takes 1 minute to find out by taking the prediabetes risk test at doihaveprediabetes.org

