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## Stay active to help prevent (and control) diabetes

People who have--or are at risk for--diabetes have higher-than-normal levels of glucose (blood sugar) in the blood, which can harm the body. Exercise helps regulate glucose, which your body needs for energy, while increasing the body's sensitivity to insulin, the hormone that helps your body better use the glucose it needs. Read on to find out ways to get your body moving to help prevent-or control-diabetes.

[Find out more >>](#)



### Nutrition basics to help prevent diabetes

Improving your nutrition is one way you can manage your diabetes risk. When creating a healthy eating plan, aim to have a proper balance of foods that help keep blood sugar levels steady. Eating to reduce your risk of diabetes-and for overall good health-rests on a proper balance of complex carbohydrates and



### Manage debt stress: Get smart about credit card spending!

There is no doubt that using credit cards can be helpful to manage finances. Yet racking up debt from high interest rates with high finance charges or late payment fees, especially if you have multiple cards, can be overwhelmingly

proteins while limiting refined or processed simple carbs and fat. Keep reading for tips to help you eat better for diabetes prevention.

[Learn how >>](#)

distressing. Find out how to reduce your credit card debt and what to know before signing up for yet another card.

[Read now >>](#)



## Diabetes Awareness Month

More than 1 out of 3 American adults have prediabetes, a risk factor for Type 2 diabetes, yet most don't know they have it. Learn more about diabetes, the risk factors, and lifestyle changes to help prevent it.

[Click here >>](#)



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