

What's a stepper?

Anyone who moves the body by taking steps.



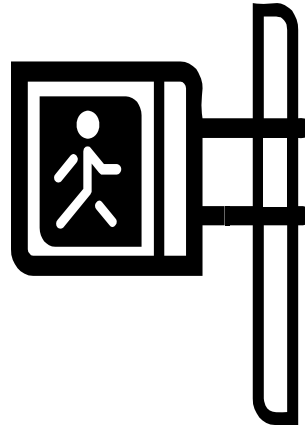
Every Step Counts

“Stepping” is important. Start slow and build up.

Think about adding **Walking** and **Dancing** steps to your life.

Walking Steps

Look for chances to walk.



Walk & Talk

It's great fun with a friend.



Dance Steps

Turn on the music.
Let yourself go.
Do it alone.
Do it with a friend.
Do it at home
Go out dancing.



Moderation

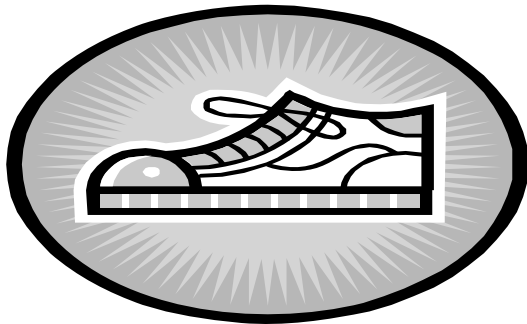
Don't overdo it.
You can get too much of a good thing.
Ask your primary care provider how much stepping is good for you.

Foot Care

Check your feet every day.



If your feet don't look or feel right, see your medical provider.



Always wear comfortable, sturdy shoes.

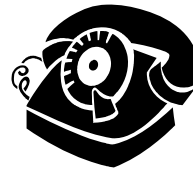
Your Community Health Center Cares About You

Want More Information?



Ask your medical provider.

Call the American Diabetes Association.
1-800-DIABETES
(1-800-342-2383)



Information is only for educational purposes.
It is not intended as medical advice.
To determine if it is appropriate for you,
consult your medical provider.

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Live Free with Diabetes

Are You A Stepper?

