

1. Know Your Risks

Talk to your doctor about your family history and other warning signs of diabetes.

2. Manage Your Weight

Obesity plays a major factor in the development of the disease. Reducing body weight by 5 percent can cut your chance of developing diabetes by more than half.

3. Get More Exercise

Regular exercise helps manage body weight, encourage heart health and manage blood sugar levels.

4. Choose Whole Grains

Choosing whole grains may lower the risk of Type 2 diabetes because their nutrients release slowly into the blood stream to naturally manage blood sugar levels.

5. Monitor Carbohydrate Intake

Carbohydrates raise blood sugar levels, and high blood sugar levels can increase risk for diabetes.

6. Stick to a Healthy Diet

Controlling portion size and eat a balanced diet of leafy greens, fruits, fish and lean meats.

6 tips for Diabetes Prevention

You have the ability to stop Type 2 Diabetes from affecting your life. Even if you display signs of prediabetes, a few key lifestyle changes can greatly improve your chances of preventing the disease.

Provided by: Willis Towers Watson

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