


SUNDAY MORNING Health Corner


60 Seconds – All It Takes to Start Your Health Journey


There are many things that require your attention in a day – your job, your family, your home, and so much more. With everything you have going on, it may seem like you don't have enough time to prioritize your health. We understand you're busy, and that's why the **Southeast Diabetes Faith Initiative** (SDFI) is only asking you for 60 seconds today to support your health.

What can you do with a minute? Take a one-minute **Prediabetes Risk Test** to learn about your risk for prediabetes.

If you've taken the risk test and learned you may have prediabetes, **here are some easy next steps for you to take.**

 Get 30 minutes of physical activity

 Make a list of fruits and veggies you enjoy eating

 Find even 5 minutes in your day just to pause and relax

During National Diabetes Month this November, we want to ensure you **celebrate your best life** by learning to live healthier. Working to prevent or delay type 2 diabetes is a way to take care of yourself so you can keep enjoying what you love most.

Learn more about **SDFI** by visiting:
www.balmingilead.org/sdfi



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