

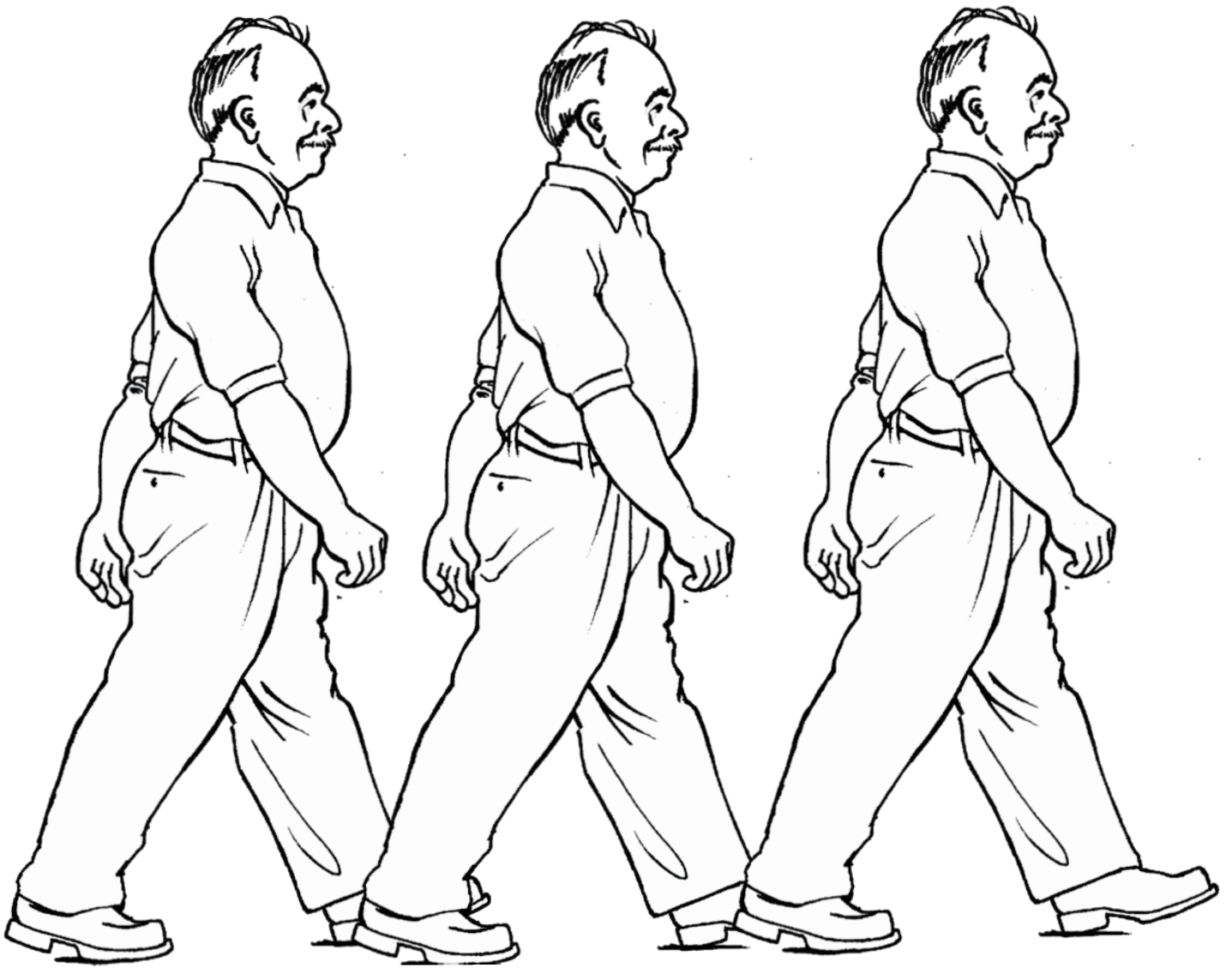


# Walking

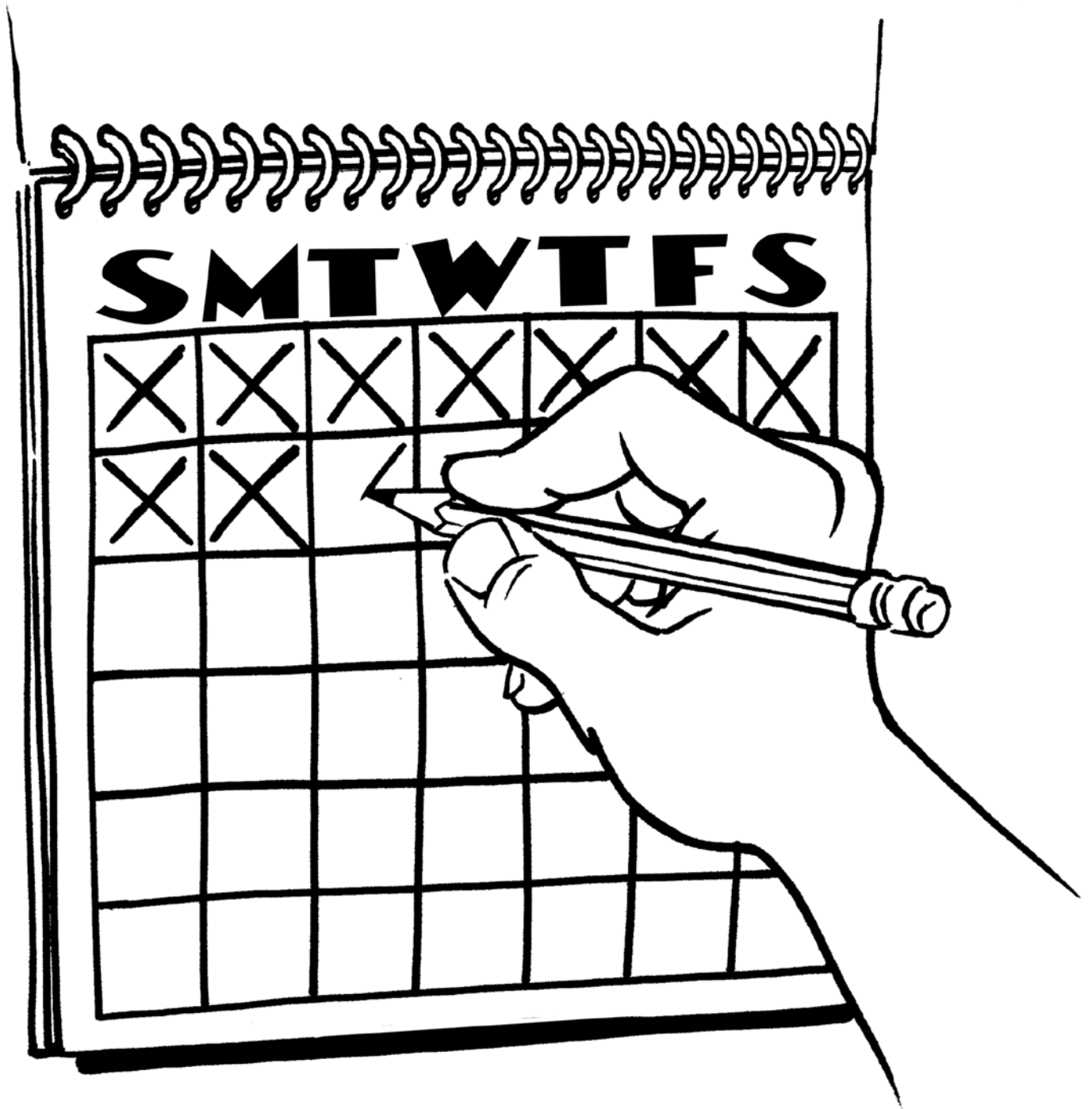
By Anne Whittington and Jenny M. Grimm



Walking is good for everyone.



Walking will help your diabetes.



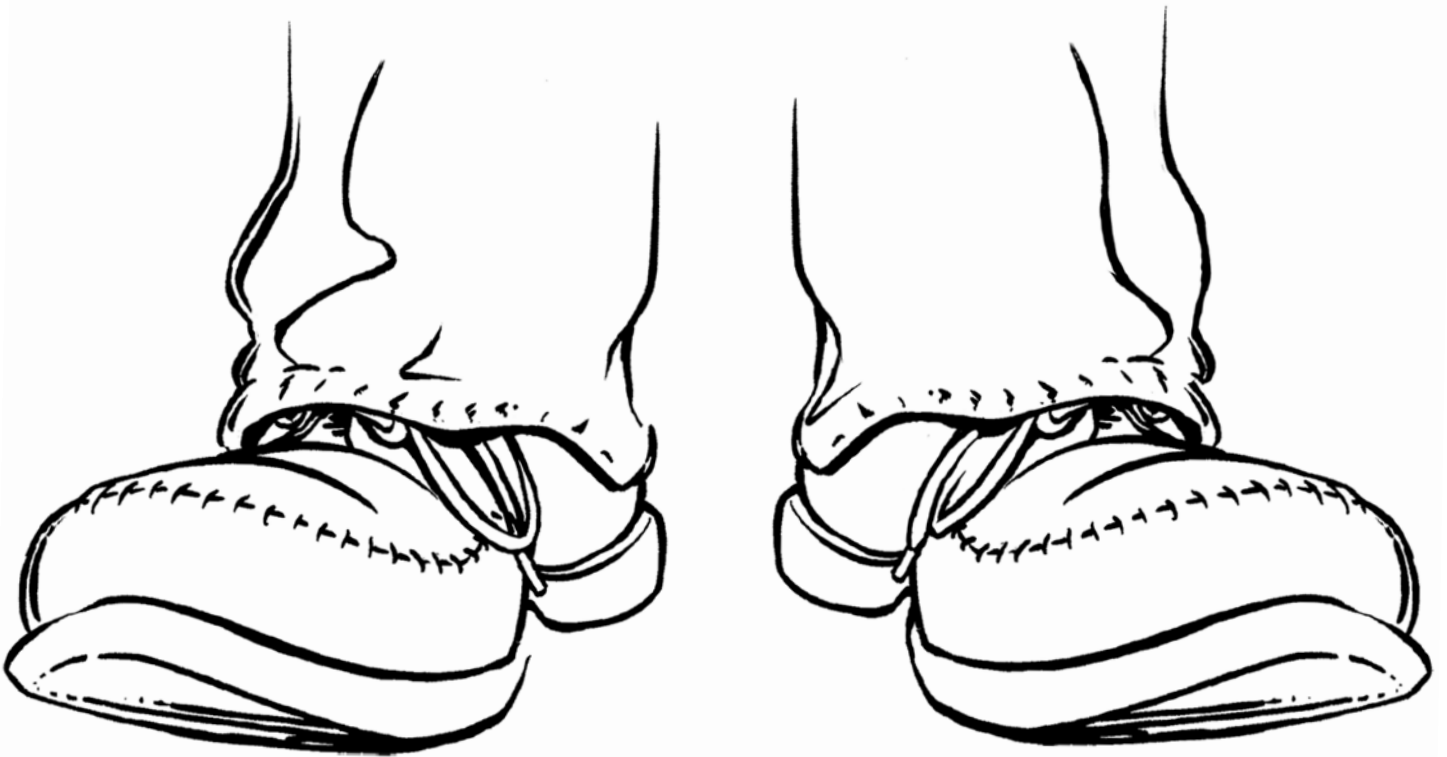
Try to walk each day.



Look at your feet before walking.



Wear shoes and socks.



Wear shoes that fit.



Take a snack with you.



Walking with a friend is  
fun and safe.



Stop when you feel tired.



After you walk,  
look at your feet...



Yes! Walking is good for everyone.



Do what your doctor says.

1. Walking can help your diabetes?

Yes

No

2. When you walk, wear shoes and socks?

Yes

No

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