



make  
**TODAY**  
 sweetly  
**jubilant**  
 :: strawberry ::

While there are certain risk factors you can't change, like your family history, knowing your risks for diabetes lets you decide what's best for your health.

## Celebrate healthy changes

As always, the best way to lower your risks is to exercise, eat healthy, and lose any extra pounds.

### Play detective.

Find out what you don't know about your family history, especially when it comes to chronic conditions.

### Stay in check.

Low blood sugar levels can cause sudden mood swings in some people, so don't go too long between eating meals.

### Indulge smart.

When you want to satisfy your sweet tooth, be mindful of your choices. A serving of berries is almost always better than a pastry or chocolate.

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