



if in  
doubt  
check it  
out

**Stay sweet as.**

Diabetes affects over 200,000 Kiwis. But keeping an eye on things can really lower your risk. So if you're in any doubt about your health it's well worth getting a professional check up. Meanwhile, do a little more, eat a little less and visit [staysweetas.co.nz](http://staysweetas.co.nz) for other easy ways to stay well.



**diabetes**  
new zealand

[www.staysweetas.co.nz](http://www.staysweetas.co.nz)