



Stay on your feet to stay sweet.

Diabetes affects over 200,000 Kiwis. But there are things you can do to lower your risk. And it's the little things that make the biggest difference. Just 30 minutes of exercise every day can help. So do a little more and visit staysweetas.co.nz for other easy ways to stay well.



diabetes
new zealand

www.staysweetas.co.nz