

Title:

Controlling Type II Diabetes Through Diet And Exercise

Word Count:

614

Summary:

If you have been diagnosed with adult onset type II Diabetes, you may be able to control your

Keywords:

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Article Body:

If you have been diagnosed with adult onset type II Diabetes, you may be able to control your

Before embarking on a workout plan or adhering to a new diet, you should first consult your doctor.

It is important to eat a variety of fruits and vegetables to take the place of all of those empty calories.

Once your diet is under control. The next step is to begin an exercise program. You don't have to run.

If find walking boring, try to find a partner who will keep you motivated. There are also many other options.

Keep in mind that the best way to avoid diabetes complications is to change your lifestyle. Make sure you are eating right and exercising.

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