Prevention:
- Get at least 30 minutes of exercise every day
- Reduce screen time to less than 2 hours per day
- Reduce consumption of processed foods and sodas
- Practice mindful eating
- Know your numbers
  - Cholesterol, blood pressure & weight
  - Know your risk for Type 2 Diabetes

Exercise Ideas:
- Park further away from work or at stores to increase walking distance
- Get up from desk and go talk to co-workers instead of sending an e-mail or calling
- Get a standing desk which can burn up to 160 more calories per hour than sitting
- Take the stairs instead of the elevator
- Join WWU Faculty and Staff Wellness Program exercise classes!

Check out WWU Faculty and Staff Wellness Program at:
http://www.wwu.edu/hr/Wellness/WellnessHome.shtml