



Cut your RISK in **1/2**
by eating healthy and being more active

Game On! Spring Training for Prediabetes Prevention

Mon Feb 13 – Fri Mar 24

Join Berkeley as we embark on a 6-week health improvement challenge addressing prediabetes prevention. Participants take one small step each week working on goals of building a healthier plate and eating less sugar, and exercising a minimum of 30 minutes a day for 5 days. The *Grand Slam Weekly Newsletter* will provide the week's small steps, tracking tools, and educational resources.

Get started:

- Take the online prediabetes risk assessment.
- Determine if you want to attend the optional glucose screenings and register.
- Register for the 6-week challenge.
- Learn more at uhs.berkeley.edu/prediabetes

Challenge Grand Prizes:

- Oakland A's package with tickets and gift pack!
- Tickets to a Cal Baseball game and the opportunity to throw the first pitch!

Blood Sugar Screenings

(optional, fasting and confidential)

Before Challenge: Feb 7, 8, 9 various locations, 7:30 – 10 am

After Challenge: March 28, 29, Tang Center, 7:30 - 10 am
\$5 per screening



Be Well at Work
Faculty/Staff Wellness

uhs.berkeley.edu/wellness