JOIN THE MOVEMENT
GET ON IT
DR. PHIL SHARES 6 RULES TO HELP YOU MANAGE TYPE 2 DIABETES

RULE 1
MOVE FORWARD
Feeling like you’re to blame for your diagnosis? Stop and move forward.

RULE 2
GET EDUCATED
Let’s face it, knowledge is power. Your best bet to any problem is to load up on the facts.

RULE 3
BUILD YOUR TEAM
Gather the best crew possible to support your journey to a healthier you.

RULE 4
REPLACE BAD HABITS
Start replacing bad habits with good ones.

RULE 5
MAKE A PLAN
The key to success? Get a plan. One that helps manage your type 2 diabetes.

RULE 6
STICK WITH IT
This journey isn’t a sprint, it’s a marathon. Find the inspiration to stay on track!

JOIN THE MOVEMENT
OnItMovement.com
And learn more about tools that can help you stick to your plan — whether it’s finding healthy recipes, getting ideas for exercising or learning how to change your everyday habits.

#OnItMovement
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