

JOIN THE MOVEMENT GET ON IT

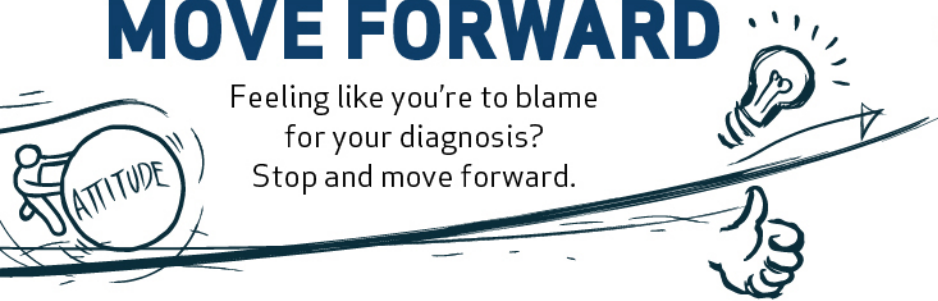
DR. PHIL SHARES 6 RULES TO HELP YOU
MANAGE TYPE 2 DIABETES



RULE 1

MOVE FORWARD

Feeling like you're to blame
for your diagnosis?
Stop and move forward.



RULE 2

GET EDUCATED

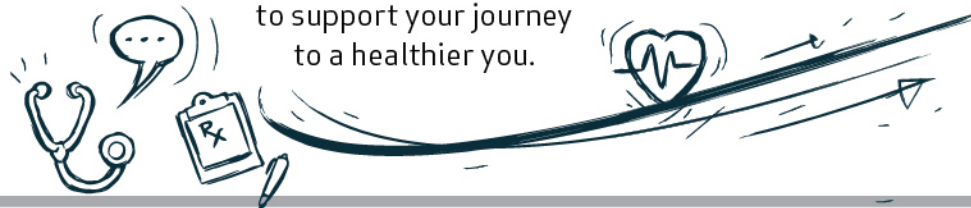
Let's face it, knowledge is power.
Your best bet to any problem
is to load up on the facts.



RULE 3

BUILD YOUR TEAM

Gather the best crew possible
to support your journey
to a healthier you.



RULE 4

REPLACE BAD HABITS

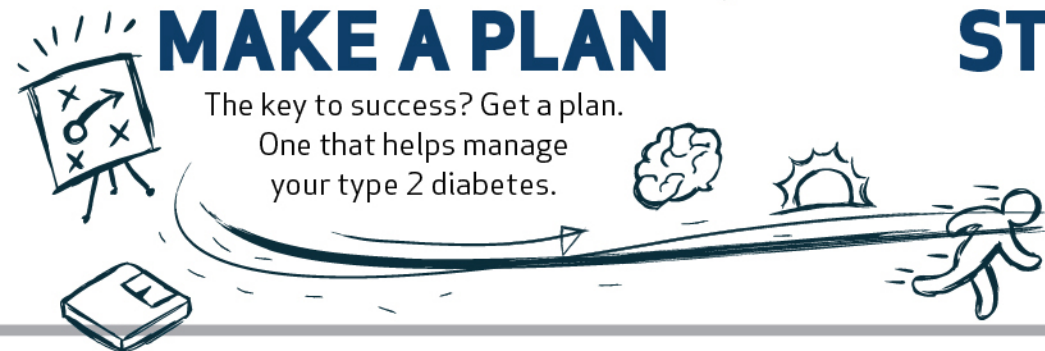
Start replacing bad habits
with good ones.



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.