



# **WE CAN BE STRONGER THAN DIABETES**

## ***Breathe In, Breathe Out***

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

Welcome to this podcast series on diabetes, brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

Studies have shown that people at high risk for diabetes who lose weight and increase their physical activity can prevent or delay diabetes and even return their blood glucose levels to normal. So...breathe in, breathe out. Keep it movin'. Play sports, shoot some hoops, get out, have fun. Being physically active can help prevent type 2 diabetes. Come on and join us in moving to the music.

This podcast features *Breathe In, Breathe Out* – taken from the NDEP *Step by Step* music CD/DVD promoting increased physical activity.

Whooh! Let's go, BJ - You did it again, baby!

Breathe In. Yeah. Breathe Out.

Breathe In. Three kings for duckie, baby! Breathe Out. BJ!

Breathe In. Breathe Out. Uno!

Breathe In. Sixty-five, here we go! Breathe Out.

Breathe In. Breathe in, y'all. Breathe Out.

Breathe In. Let's live. Breathe Out. Let's go, Uno!

So feel good, stay healthy, live my life.

Keep a strong mind and body for the rest of my life.

Breathe In. Breathe out. Ease the Tension.

Stay physically fit – disease prevention.

My aim is to live long, eat right, and sleep nights and think strong.

Insight- my body's like a temple so I'm sippin' water.

Stay focused, see my doctor – live a little longer. Let's go, let's go!

Eat the right food, lead my life true.

Read a little, eat a little, keep it right. Let's live, live!

Everything in moderation-watch what you do.

Breathe in. Oxygen's cool. Come on, come on!

Keep things movin'. Prevent disease.

Keep improvin'.

Bless me please.

Breathe In. Breathe Out.  
Breathe In. Breathe Out. Let's live!  
Breathe In. Breathe Out.  
Breathe In. Yeah! Breathe Out. Breathe!  
Breathe In. Breathe Out. Let's go, go, go, go!  
Breathe In. Come on! Breathe Out. Let's live, come on, come on!  
Breathe In. Come on! Breathe Out. Let's live, y'all, let's go!  
Breathe In. Breathe Out.

Whoo! Come on, Uno! Let's go, go, go!  
I'm tryin' to feel good, stay healthy, live my life.  
Keep a strong mind and body for the rest  
of my life. Let's live!  
Breathe In. Breathe Out – Keep it Movin'.  
If you like to dance the dance, feel the movement. Whoo!  
If you play sports, go on shoot some hoops.  
Have a little fun, come on do what you do. Breathe in!  
You wanna live long? Educate your mind.  
You wanna be strong? Test and try. Let's go!  
Get out, have fun, enjoy the outdoors. Live!  
Breathe – need get out more. Come on, baby, come on, baby!  
Breathe in. Breathe it out! You know what to do –  
keep it movin' on a constant.  
Move it how you want it, whoo! gotta stay healthy  
make the right choice. Yeah!  
Disease prevention – ease the tension.

Breathe In. Breathe Out.  
Breathe In. Breathe Out. Come on!  
Breathe In. Let's breathe, y'all. Breathe Out. Breathe out, y'all  
Breathe In. Breathe Out. Breathe out, y'all. Come on!

Yeah, that's it baby, that's it, that's it  
Breathe In. Breathe Out, baby.

Get your free *Step by Step* music CD/DVD from the National Diabetes Education Program.  
Download or order from [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383.

*[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov).*