WE CAN BE STRONGER THAN DIABETES

Es Mi Vida (It's Your Life)

[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.

It's your life – how you live is up to you. Staying healthy through physical activity can help prevent or delay type 2 diabetes. Turn on some music and start moving today.

This podcast features *Es Mi Vida* – music taken from the NDEP *Movimiento Por Su Vida* - Movement for Your Life CD/DVD promoting increased physical activity.

Por su vida
De por vida
Por su vida
De por vida

Es tu vida
Por tu vida
De por vida
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Por su vida
De por vida
Es tu vida
De por vida

Por su vida
De por vida
There are so many things we want to do
Por su vida
De por vida
How you live is always up to you
Por su vida
De por vida

Por su vida
De por vida

Por su vida
De por vida
How you live is always up to you
It's your life
Es mi vida

Por su vida
De por vida

Es tu vida
Por su vida
De por vida
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To order your free copy of *Movimiento Por Su Vida* or other free materials on preventing and treating diabetes visit www.ndep.nih.gov or call the National Diabetes Education Program at 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.