WE CAN BE STRONGER THAN DIABETES
Esta en Tus Manos (In Your Hands)

[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.

The power to prevent or delay type 2 diabetes is in your hands – and in your feet! 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. Here's some music to help you start moving your feet!

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

Está en tus manos
Mover los pies
Con este ritmo sabroso
Ponte ya mismo a bailar
Con un pasito pa'lante
Y otro pasito pa'trás
Está en tus manos
Mover los pies
¡Ya, ya, yaaaaaaa!
Que te contagie la risa
Ponte a gozar de una vez
Que el ritmo mueva tu cuerpo
De la cabeza a los pies

Está en tus manos
Mover los pies
¡Ya, ya, yaaaaaa!
Está en tus manos
Mover los pies

Hecha p'alante
Nunca p'atras
Siente este ritmo
No lo dejes parar
Hecha p'alante
Nunca p'atras

Siente este ritmo
No lo dejes parar

Deja este ritmo entrar
En tu cuerpo y verás
Que te contagiarán
Las ganas de bailar

Hecha p'alante
Nunca p'atras
Siente este ritmo
No lo dejes parar

Hecha p'alante
Nunca p'atras
Siente este ritmo
No lo dejes parar

Mueve tu cuerpo así
Y déjate llevar
Así podrás sentir
La música vibrar
Dale la a vuelta al parque
Saca a pasear el perro
Móntate en bicicleta
Ponte a trepar un cerro
Movin' them up the stairs
Movin' them down the street
Movin' them to the beat
'Cause now is the time
To move your feet!

Con este ritmo sabroso
Ponte ya mismo a bailar
Con un pasito pa'lante
Y otro pasito pa'trás

Está en tus manos
To move your feet!

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.