



# 2kg Challenge To Beat Diabetes

## Is the 2kg Challenge Right For You?

The 2kg Challenge is a FREE 8-week program for adults who:

- ✓ Have **pre-diabetes** or are at risk of type 2 diabetes, and
- ✓ Are **overweight**, and
- ✓ Want simple, practical tips to eat better and live healthier

**You may be at risk if you:**

- Live in western Sydney
- Are over 40 years old
- Have a family history of diabetes
- Are from a high-risk background (e.g. Pacific Islander, Indian, Chinese, Southeast Asian, Middle Eastern, African, Aboriginal or Torres Strait Islander)
- Have a higher waist measurement
- Don't exercise regularly or eat well
- Had diabetes in pregnancy
- Smoke
- Have other health issues like high blood pressure, cholesterol, or Polycystic Ovary Syndrome (PCOS)

**What is pre-diabetes?**

Pre-diabetes means your blood sugar is higher than normal, but not yet diabetes. It's a **warning sign** – and a chance to take action **before** diabetes starts.

**Not sure if the 2kg Challenge is right for you?**

Talk to your GP or health professional. They can check your weight and may recommend a simple blood test (called HbA1c) to see if you're at risk of type 2 diabetes.

**Already living with type 2 diabetes?**

You're still welcome to join – many people with diabetes join the 2kg Challenge to build healthy habits and feel better.



If this sounds like you, scan the QR code to learn more and sign up to the 2kg Challenge!

