



# The **Healthy Approach** to Help Fight Type 2 Diabetes



**Kathy Smith's Project:YOU! Type 2™** is a step-by-step guide to creating a healthy lifestyle for people with type 2 diabetes and anyone who wants to reduce his or her chance of getting diabetes. Developed in conjunction with doctors, certified diabetes educators, and the American Diabetes Association, this is a comprehensive program to take control of your health and your life!



### **Good2Eat! Cookbook**

Take charge of weight control and blood glucose management, and get to know the many healthy food choices you have with mouthwatering real food. Learn when to eat as well as what to eat. Choose a preplanned week of meals and snacks; create your own meals by choosing from a selection of breakfasts, lunches, dinners, and snacks; get guidelines on eating out; or delve into some scrumptious

recipes for entertaining. Plus, the unique food COMBO system simplifies carb counting by doing it for you.

### **Good2Eat! Mix-and-Match Meal Cards**

A set of color-coded cards with delicious meals and simple snacks that you can shuffle and mix and match to create a meal planned to satisfy the tastes and nutritional needs of a person with type 2 diabetes.



### **Good2Go! Program Guide and 12-Week Food & Fitness Journal**

A motivational guidebook that takes the fear and confusion out of diabetes by explaining it in nonmedical terms. From beginning to end, it takes the guesswork out of how to live a healthy lifestyle. It lays out this

comprehensive program, with at-a-glance summaries of the fitness, healthy eating, and journaling components in one convenient guide. With the 90-day journal, you'll track your food, exercise, blood glucose readings, and your weight. This essential information helps you and your healthcare team quickly evaluate your progress.



### **Good2Move! 12-Week Workout Calendar**

This 12-week calendar explains step by step which workouts to do, and which days to rest. It provides a daily checklist, plus it links you to Kathy's Corner, where you will find all the support you need to reach your goals.

### **Good2Move! 12-Week Workout Guide**

This is your guide to get moving. It gives you an in-depth explanation of each of the 10 workouts and how they fit together, plus innovative **Fit Tips** to help you get the most out of your workouts. Now you can reach your goals with a fun, easy-to-follow program that is great for all fitness levels.



### **Good2Move! Workout Wallet, with DVDs and a CD**

This 12-week fitness program takes you from start to success! These eight workouts plus two audio walking programs provide a balanced progression incorporating the most effective fat-burning, strength-training, and core/flexibility moves Kathy's ever developed. Follow Kathy's plan and you'll quickly see a slimmer, healthier new you.



**JOIN THE FIGHT!** The American Diabetes Association (ADA) is the nation's leading voluntary health organization supporting diabetes research, information, and advocacy and is the leading publisher of comprehensive diabetes information. Proceeds from the sale of this product support ADA's mission: to prevent and cure diabetes and to improve the lives of people with diabetes. To see how you can help in the fight against diabetes or to simply learn more about the ADA, visit [Diabetes.org](http://Diabetes.org).