**Healthy Monday for Diabetes Prevention – Suggested Social Copy**

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**Facebook/Instagram:**

Preventing type 2 diabetes might seem challenging, but a few healthy habits could make a big difference, and #HealthyMonday is the perfect day to start. Find out how you can get started at: <https://www.healthymonday.com/diabetes-prevention> #DontLetDietBeatUs #NationalDiabetesMonth

**Twitter:**

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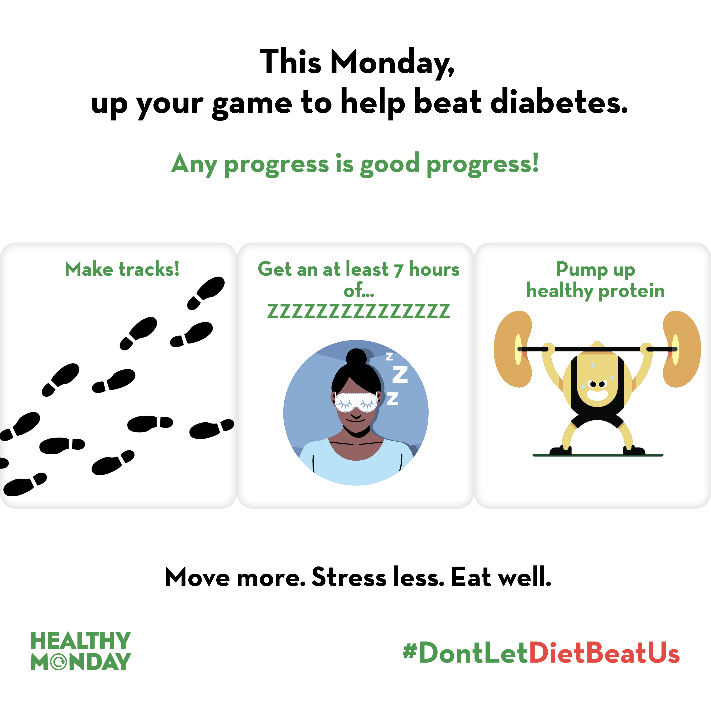


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Preventing type 2 diabetes is a big job, but it starts with small steps! Get into the habits shown to reduce risk of type 2 diabetes by sneaking healthy activities into your Monday routine. Find #HealthyMonday inspiration at: <https://www.healthymonday.com/diabetes-prevention> #DontLetDietBeatUs #NationalDiabetesMonth

**Twitter:**

Preventing type 2 diabetes is a big job, but it starts with small steps! The best way to start is to commit to starting every week with a #HealthyMonday! Get inspired at: <https://www.healthymonday.com/diabetes-prevention> #DontLetDietBeatUs #NationalDiabetesMonth



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#HealthyMonday is the perfect day of the week to refresh your healthy routines and up your type 2 diabetes prevention game! Commit to walking a little further, sleeping a little more, and eating a little healthier today. Find inspiration at: <https://www.healthymonday.com/diabetes-prevention> #DontLetDietBeatUs #NationalDiabetesMonth

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**Facebook/Instagram:**

The best way to develop healthy habits to prevent type 2 diabetes is with a little help from your friends and family! Make #HealthyMonday the day you get together with loved ones for a fitness challenge, a little TLC, and a healthy meal. Find healthy inspiration at: <https://www.healthymonday.com/diabetes-prevention> #DontLetDietBeatUs #NationalDiabetesMonth

**Twitter:**

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