



STOCKTON WELLNESS CHALLENGE

JOIN THE 21-DAY PHYSICAL ACTIVITY CHALLENGE

Take the pledge to be active for at least 10 minutes a day for the next 21 days and be entered into a \$200, \$100, or \$50 gift card raffle!*

Get your Pledge Card at _____.



ACCESS PHYSICAL ACTIVITY TIPS AND MORE HERE

Scan QR code with your mobile device or go to <https://diabetes.org/health-wellness/fitness>

*Submit your pledge card to the participating organization where you received it by May 31, 2026 to be entered into a \$200, \$100, or \$50 gift card raffle.



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EXERCISING REGULARLY IS KEY TO MANAGING DIABETES

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PHYSICAL ACTIVITY IS VITAL IF YOU HAVE DIABETES

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