



World Health  
Organization

Western Pacific Region

**WORLD**  
HEALTH DAY  
2016

TOGETHER  
ON THE **FRONT LINES**  
AGAINST  
**DIABETES**



## Get Moving

Physical inactivity  
increases your risk for diabetes.

Walking is the simplest form  
of physical activity, and it's free.  
You can do it anytime and anywhere.

**Get in the circle.**