

News Release

For Immediate Release

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From Fat to Fit

Diabetes Forecast Highlights Arkansas Governor Mike Huckabee's Journey to Control His Type 2 Diabetes

Alexandria, VA (June 28, 2006) – When Arkansas Governor Mike Huckabee was diagnosed with type 2 diabetes at age 47, he was warned he might have only another decade to live unless he began to control his disease. In the August issue of the American Diabetes Association's *Diabetes Forecast* magazine, Gov. Huckabee discusses his lifestyle transformation - from fried food to early morning fitness -- and provides his own practical fitness tips.

When diagnosed, Gov. Huckabee weighed over 280 pounds. In addition to changing his diet, he decided to incorporate physical activity into his daily routine, even though he had never really exercised before. He began walking and bike riding, then slowly eased into running short distances. Today, 100 pounds less and having his diabetes under control, Huckabee has completed his third marathon and is training for a fourth this fall.

In addition to the story on Gov. Huckabee, the August issue of *Diabetes Forecast* also features:

- Kid-tested, kid-approved recipes from world-renowned chef Alice Waters
- Four keys to lower cholesterol
- Round-the-clock glucose readings
- Diving with diabetes

Diabetes Forecast has been America's leading diabetes magazine for over 55 years. Each full-color issue provides the latest information on diabetes research and treatment, as well as practical tips on day-to-day coping with diabetes. The magazine is published monthly by the American Diabetes Association.

The American Diabetes Association is the nation's premier voluntary health organization supporting diabetes research, information and advocacy. The Association's mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Founded in 1940, the Association provides services to hundreds of communities across the country. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.

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Diabetes Information

call 1-800-DIABETES (1-800-342-2383)
online www.diabetes.org
The Association gratefully accepts gifts through your will.

The Mission of the American

Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.