

Molly's Story:

I Have Diabetes Too...



Bon appétit!

Where's my low-fat
fruit and veggie
dip?

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Molly's Good Idea!

Eat what your diabetes educator recommends! And have fun with your meals!

I'm Molly. I'm just like you. I have diabetes too...

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A Good Idea!

Follow your diabetes educator's advice!
Plan ahead: You can learn how to match your insulin needs with the food you eat!

I think we ate it all!



I'm Molly. I'm just like you. I have diabetes too...

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A Good Idea!

Talk with your diabetes educator about exercise!
Then take up a fun sport like basketball!

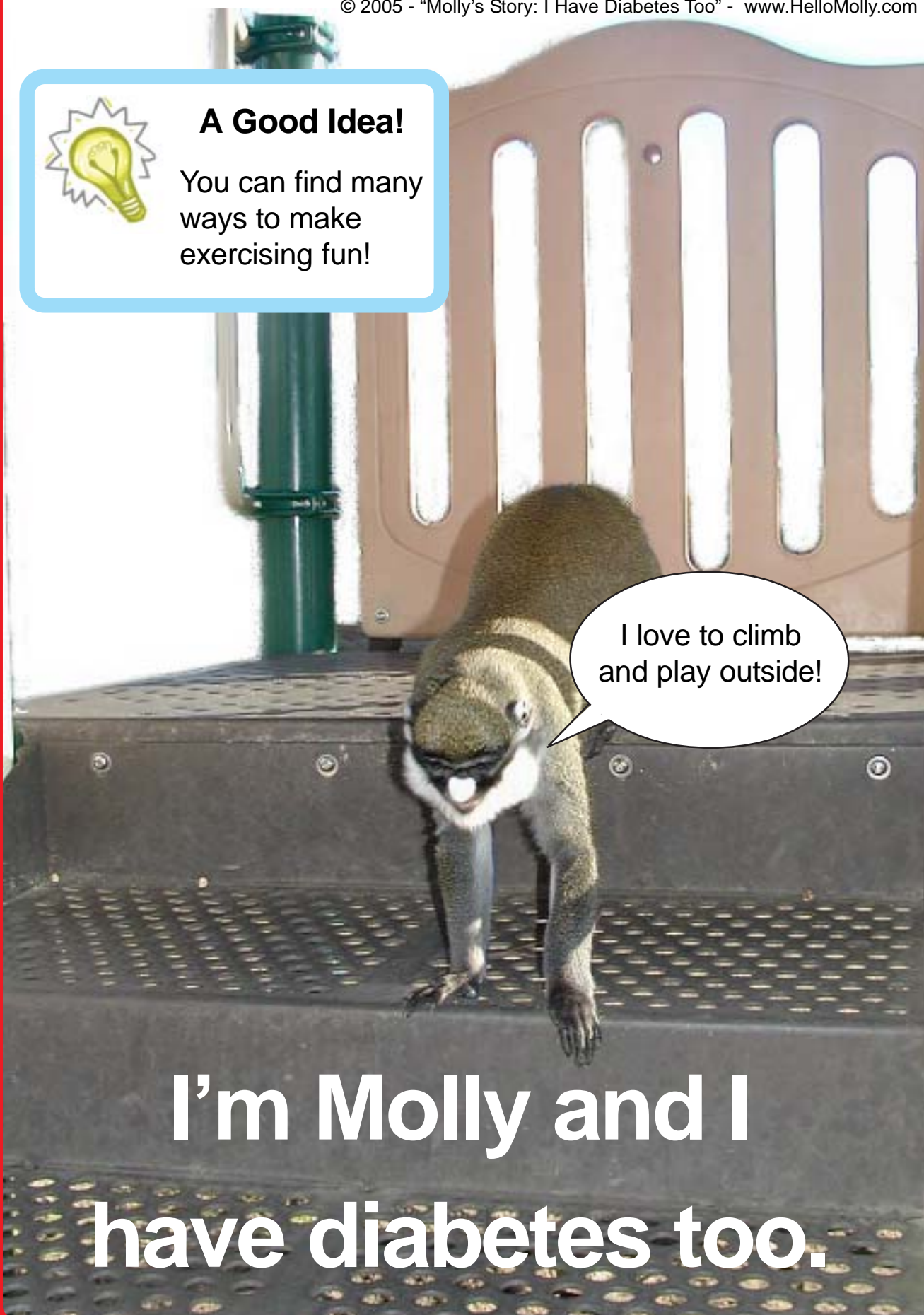
Anyone ready to shoot some hoops?





A Good Idea!

You can find many ways to make exercising fun!

A squirrel is climbing a brown metal playground structure. The squirrel is positioned in the center of the frame, facing forward. It is on a dark grey, perforated metal platform. The background shows the brown metal structure with vertical slats. A speech bubble is attached to the squirrel's mouth.

I love to climb and play outside!

**I'm Molly and I
have diabetes too.**

I love to climb
and play with
friends like
Sasha!

I'm Molly.
I'm just like
you. I have
diabetes
too.....



**A
Good
Idea!**

You can have fun
exercising
indoors or out!
Follow your
diabetes
educator's advice
when you do!






A Good Idea!

Make a list of all
the many ways
to make your
exercising fun!

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Too" - www.HelloMolly.com

A photograph of a monkey climbing a green metal structure at a park. The monkey is in the foreground, clinging to a horizontal bar. In the background, there are other parts of the structure and a sandy area.

I love to climb on
everything at the
park!

**I'm Molly and I
have diabetes too.**

I'm Molly.

I have diabetes too.....



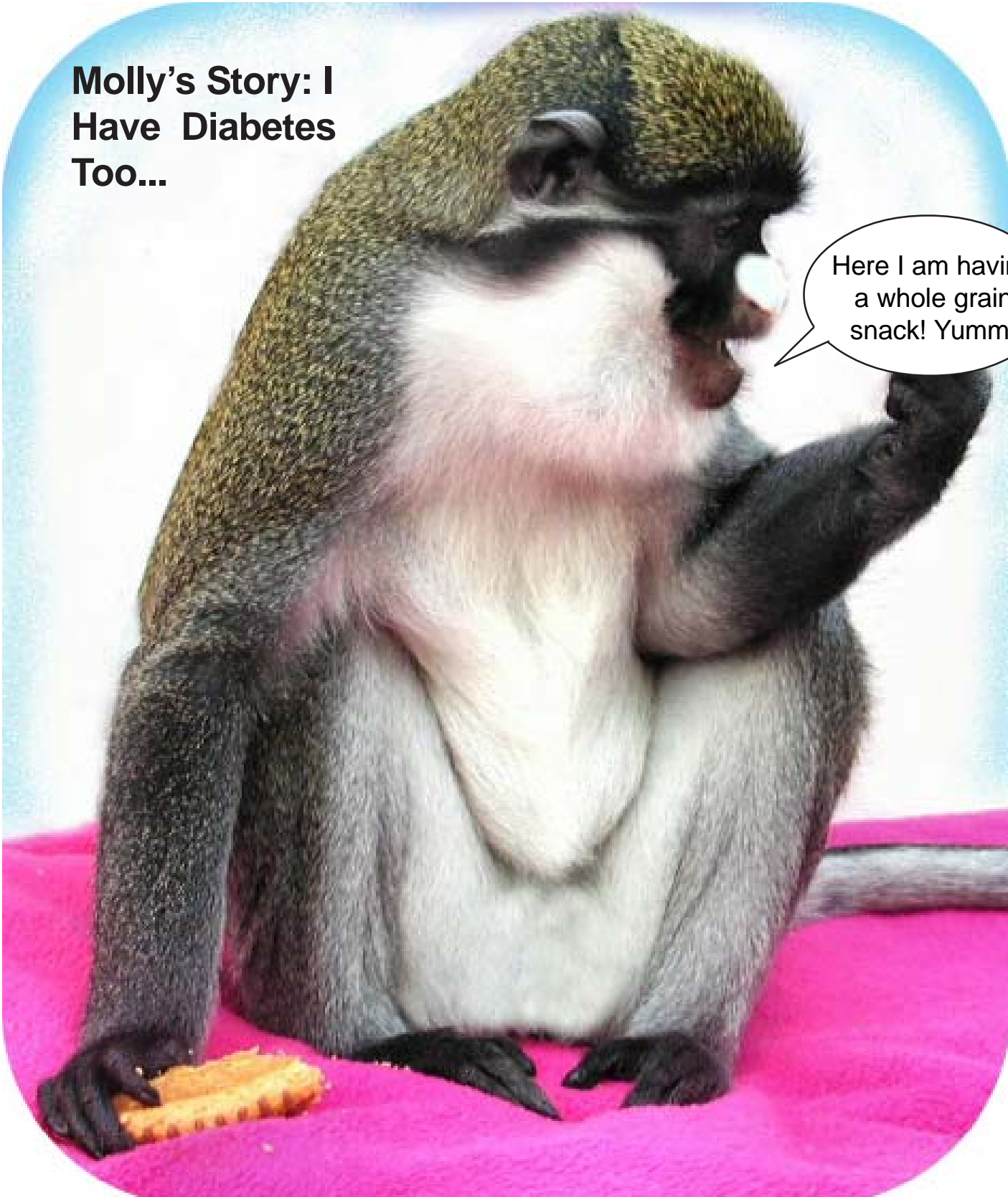
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Molly's Good Idea!

Plan to eat what your diabetes educator recommends! Then have fun with your meals!

Molly's Story: I Have Diabetes Too...



Here I am having a whole grain snack! Yumm!

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A Good Idea!

You can have fun with your meals and snacks, while eating what your diabetes educator recommends!

I'm Molly. I'm just like you.


I have diabetes too...




Hi, I'm Molly and I have diabetes too.

Here's me putting my clothes on by myself.

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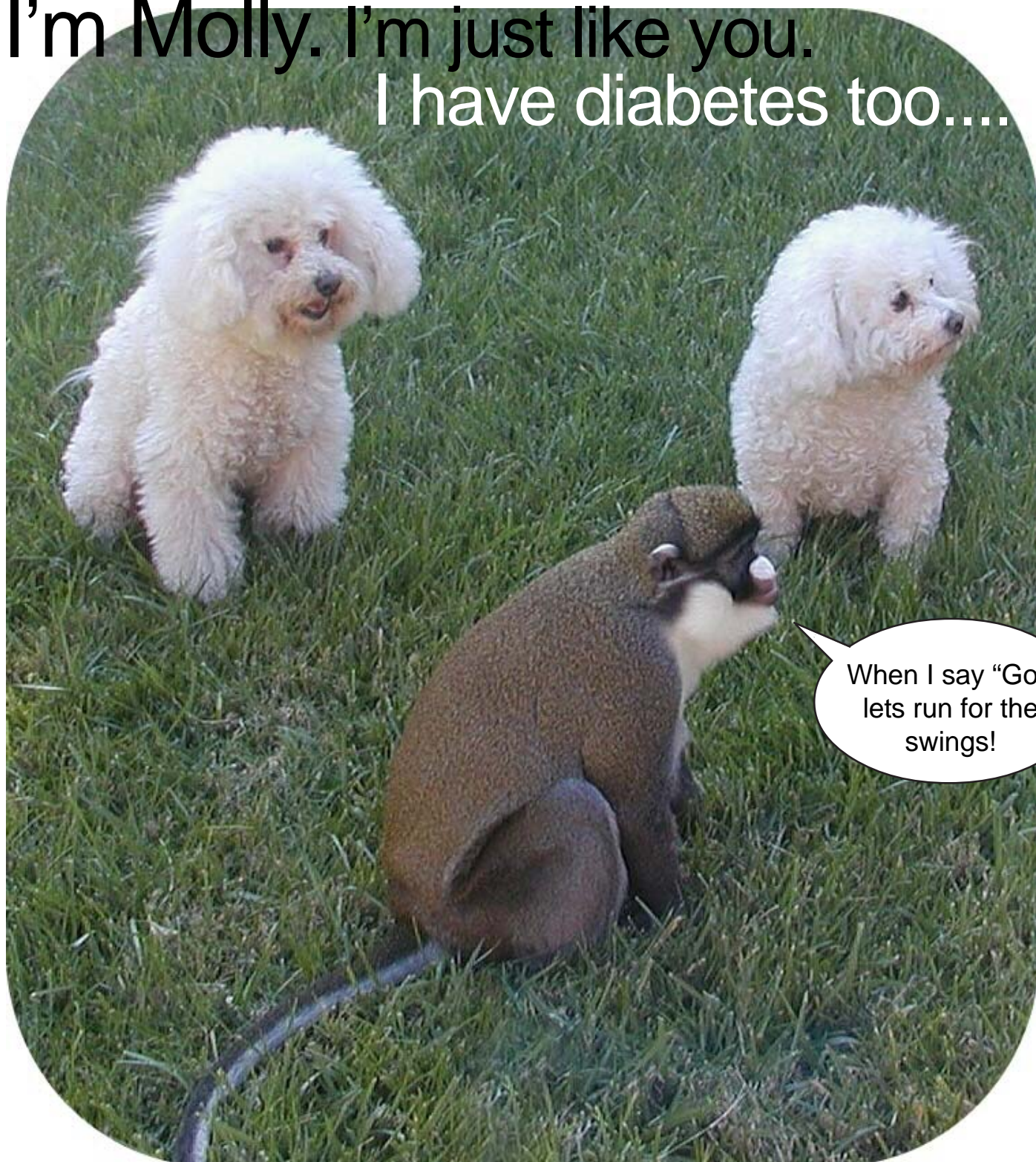


Here's me getting a blood sugar test.



Now I'm getting an insulin injection.

I'm Molly. I'm just like you.
I have diabetes too....



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Molly's Good Idea!

Exercise with friends! It's good *for* you and it's *fun*!

I'm Molly. I'm just like you. I have diabetes too...



I eat and drink the healthy foods I like...

...I have fun with exercise...



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...I visit my doctor just like you.....and I test my blood sugar every day!

I'm Molly. I'm just like you. I have diabetes too...

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A Good Idea!

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Then take up a fun sport like basketball!

Anyone ready to shoot some hoops?




I'm Molly. I'm just like you. I have diabetes too...

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A Good Idea!

Talk with your diabetes educator about exercise! Then play a fun sport where you can run, throw and chase the ball!



I'll meet you at the park, guys!