

Surfing, swimming,
walking, running, volley
ball, sand digging,
Frisbee...

Hey Sandy,
should we
exercise or have a
picnic?

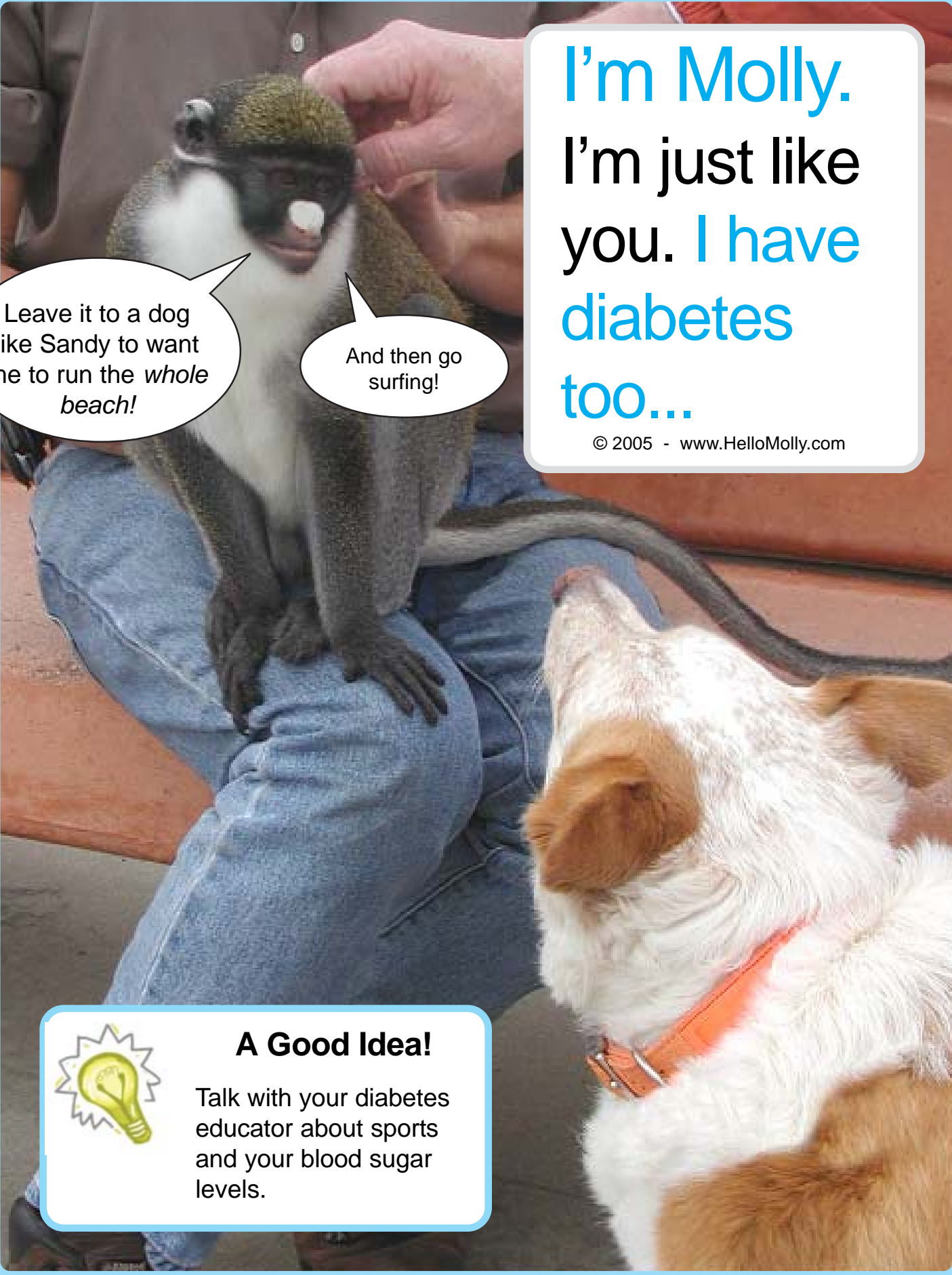


**A
Good
Idea!**

Find a friend
to exercise
with and the
time passes
quickly!

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

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

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Leave it to a dog
like Sandy to want
me to run the *whole
beach!*

And then go
surfing!



A Good Idea!

Talk with your diabetes educator about sports and your blood sugar levels.

I'm Molly and I have diabetes too.

What happened to my hot dog anyway?

I just love eating at the beach...



A Good Idea!

Talk to your diabetes educator about planning your food!

I'm Molly and I have diabetes too.

...still looking for my lost hot dog...

Here I am with Sandy ...



A Good Idea!

Talk to your diabetes educator about taking your diabetes gear when you go out!

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

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A Good Idea!

Plan to take care of your diabetes and plan to keep a positive attitude!

Let's go on beach patrol Sandy!

Hot dog patrol...

