

Get involved in the SCHOOL'S TRIATHLON CHALLENGE and support Diabetes Australia's services in Tasmania



In addition to raising funds, participating is a great way to raise awareness about diabetes.

About 1.5 million Australians live with all types of diabetes. The majority of these people have type 2 diabetes.

When you have type 2 diabetes, your pancreas either cannot make any or enough insulin, and/or the insulin it makes does not work very well (also known as insulin resistance). This results in too much glucose remaining in the bloodstream.

It's important for people to **take steps to prevent their risk** of developing type 2 diabetes.

The main things you can do to lower your chance of developing type 2 diabetes is to **eat healthily** so you maintain a healthy weight, and ensure you are **moving your body** through regular activity. Looking after your weight and **being more active** makes it easier for your body to manage your blood glucose levels and helps prevent insulin resistance, which can lead to type 2 diabetes.

Sign up to fundraise at schoolstriathlonchallenge.tasmania.gofundraise.com.au

To be in the running for some awesome prizes, be sure to set up your own fundraising page and share it with you family, friends and neighbours.

For more tips on fundraising, please contact the Diabetes Australia Fundraising Team on fundraising@diabetesaustralia.com.au

For more information, visit: schoolstriathlonchallenge.com/fundraising

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