



2kg Challenge

To Beat Diabetes

Join us in the 2kg Challenge to beat diabetes*



Register Here

Did you know that as little as 2kg of weight loss can lower your risk of type 2 diabetes by 30%?

Join the 2kg Challenge today!

You can reduce your risk of developing type 2 diabetes and other serious conditions by:

- Regular physical activity
- Making healthy food and beverage choices
- Joining the 2kg Challenge.

The 2kg Challenge is a community initiative of Western Sydney Changing Diabetes.



Workers LIFESTYLE GROUP

phn
WESTERN SYDNEY
An Australian Government Initiative



*T&C apply. Go to 2kgchallenge.com.au for further information