

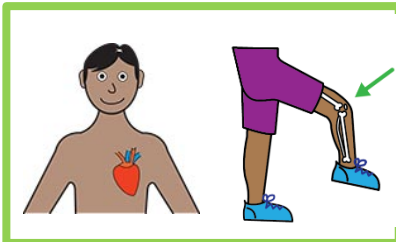
Diabetes and physical activity (moving more)



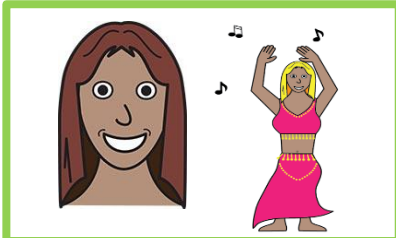
Physical activity means moving more. Physical activity can help to manage your diabetes.



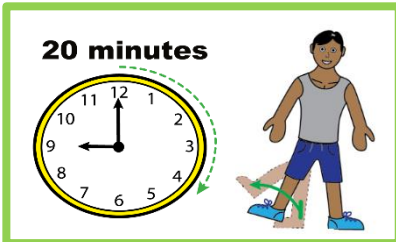
Moving more brings your blood sugars down.



Moving more keeps your heart and bones strong.



Moving more helps your mood.



Aim to move around for more than 20 minutes a day.



Walking after a meal is good for your diabetes.