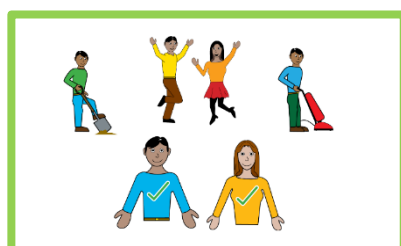


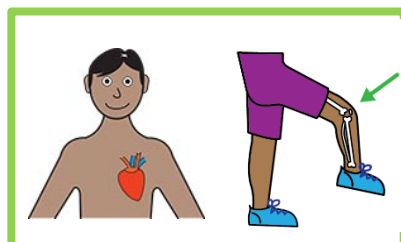
## Pre-diabetes and physical activity (moving more)



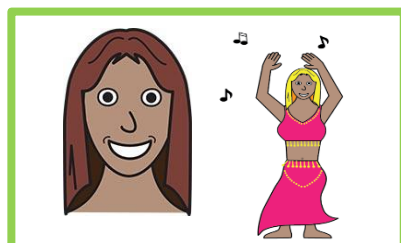
Physical activity means moving more. Physical activity can help to manage your pre-diabetes.



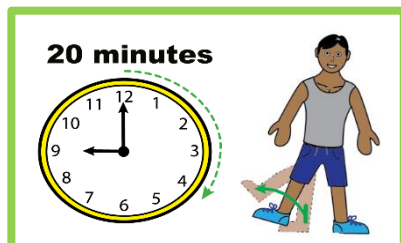
Moving more brings your blood sugars down.



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.