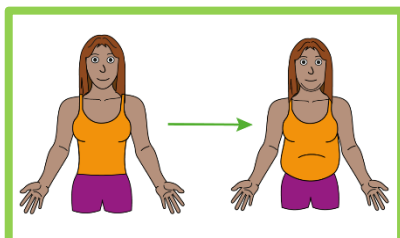
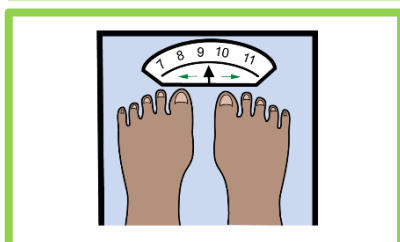


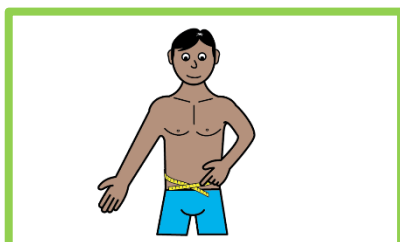
Looking after your weight



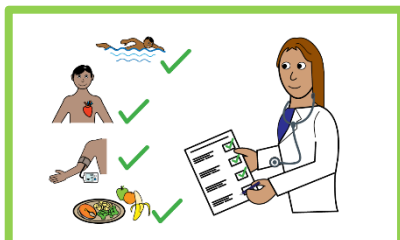
If you are overweight or keep putting weight on, this could make your pre-diabetes worse.



Weighing yourself on scales will tell you if you are overweight.



Measuring your waist 2 fingers above your belly button will tell you if you are overweight.



If you are overweight, losing weight will help your health. You can ask your Doctor or nurse for help.



Eating a healthy balanced diet will help you lose weight.



Being more active and moving more will help your weight, your diabetes and mood.