

NAME:

DATE:

NAME OF DOCTOR/NURSE:

BE ACTIVE: **REDUCE YOUR RISK OF TYPE 2 DIABETES**

Most cases of Type 2 diabetes (four out of five) can be prevented by making small changes to your lifestyle – so if you're at risk, it's important you take steps to maintain a healthy weight, eat well and be active. This information sheet gives you some tips to help you get more active.

What are the benefits of activity?

As well as reducing your risk of diabetes, getting active can help you feel less stressed, sleep better and have more energy. Doing just a little bit more, every day, will make a big difference to your health.



How much activity?

Do 20-30 minutes every day, aiming for 150 minutes a week. Any activity counts if it makes you:

- breathe faster
- increase your heart rate
- feel warmer

Include some activity that **strengthens your muscles**, like gardening or carrying heavy shopping, **twice a week.**



Top tips to getting active

- **Start slow.** Your muscles will get stronger with time.
- **Make small changes to your daily life.** Walking is free, and a great way of getting fitter. Enjoy a walk in your local park, get off the bus a stop early or leave the car at home for small trips.
- **Get a pedometer (stepcounter) or use an app.** Challenge yourself to add an extra 2,000 steps per day to your normal activity level. You should aim to reach at least 7,500 steps a day.
- **Get fit with friends.** Instead of meeting friends for a coffee or to watch TV, go for a walk in the park, visit the shops, play tennis or hit the dancefloor.
- **Sit less and move more.** Get up and walk around every 30 minutes and try standing whilst watching TV or on the phone.
- **Keep it interesting and fun.** From aerobics to zumba, there's an activity for every letter of the alphabet. Try and find new activities you enjoy.
- **Ask about local support.** Many areas have walking groups or free exercise sessions.
- **Don't give up!** Although your body benefits as soon as you become more active, you may not see changes straight away. It can take time for your body to get used to the activity, so keep going and **set goals that are right for you.**

AGREED ACTION PLAN

My personal goal is:

To be achieved when:

The two steps that I will take to achieve this are:

(Discuss and agree with your doctor or nurse. Think about What, Where, When and How?)

- 1**
- 2**

For information or support, call Diabetes UK Careline: **0345 123 2399*** Mon–Fri, 9am to 7pm, or go to **www.diabetes.org.uk/info-risk**

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