

Name:  
Name of Doctor/Nurse:

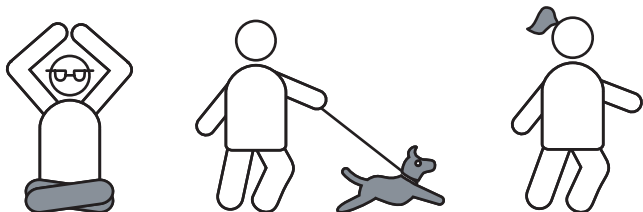
Date:

## Be active: Reduce your risk of Type 2 diabetes

Four out of five cases of Type 2 diabetes 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?

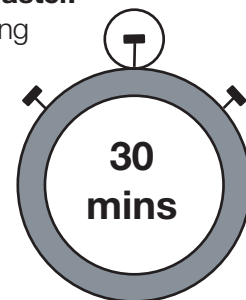
As well as reducing your risk of diabetes, getting active can help you feel less stressed, sleep better and stay more mobile. Doing just a little bit more, every day, will make a big difference to your health.



### How much activity?

**Aim for 30 minutes five times a week to make your heart beat faster.**

Activities like walking fast and cycling all count. Add some activity that strengthens your muscles, like digging in the garden or yoga 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 10,000 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 Helpline: **0345 123 2399\*** Monday to Friday, 9am–6pm, or go to [www.diabetes.org.uk/info-risk](http://www.diabetes.org.uk/info-risk)

Developed in partnership with NIHR Leicester-Loughborough Diet, Lifestyle and Physical Activity Biomedical Research Unit – [www.ll.dlpa.bru.nihr.ac.uk](http://www.ll.dlpa.bru.nihr.ac.uk)