

3 WAYS TO GET MOVING

WHEN YOU HAVE DIABETES

If you're living with diabetes and looking for new ways to move more in your day-to-day life, you can:

1

Call Diabetes UK's Physical Activity Helpline

for practical and supportive advice that's specific to you.

2

Join 10 weeks of free online physical activity classes

Our Get Moving courses, run by Diabetes UK's Coordinators, are for people doing less than 30 minutes of exercise a week.

3

Visit diabetes.org.uk/get-moving

to get inspired and download your free guide to help you plan your physical activity.

Every movement matters and we're here to help you every step of the way.

To get in touch with the **Physical Activity Helpline Advisor** or to book onto an online Get Moving course:

Call: **0345 123 2399**

Monday to Friday, 9am – 6pm

Email: helpline@diabetes.org.uk



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

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