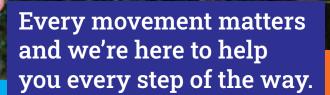
3 WAYS TO GET MOVING WHEN YOU HAVE DIABETES

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

- Call Diabetes UK's Physical
 Activity Helpline
 for practical and supportive advice
 that's specific to you.
- Join 10 weeks of free online physical activity classes
 Get Moving courses run by Diabetes UK's Physical Activity Coordinators.
- Visit diabetes.org.uk/get-moving to get inspired and download your free guide to help you plan your physical activity.





DIABETES UK

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