

3 WAYS TO GET MOVING

WHEN YOU HAVE DIABETES

DiABETES UK
KNOW DIABETES. FIGHT 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

Get Moving courses run by Diabetes UK's Physical Activity Coordinators.

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

