

## OK: Diabetes. How to do it – being more active



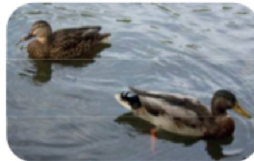
If you are on the bus, get off a stop early and walk the last bit of the way.



Go for a walk with a friend who has got a dog.



Go for a walk in the park and feed the ducks.



Is there somebody you would like to go walking with? Where could you go?

# How to do it- being more active



A pedometer is a little gadget that tells you how far you walk each day.

You can clip it on to your trousers or belt.



Each day it tells you how much you have walked.



You can try and walk a little bit further each day.

## How to do it - Being more active



**Using stairs – don't rush, just try a few more each time.**



**Take a stick or use a friend's arm if you are worried about falling.**



**Make sure you wear comfortable shoes for walking.**

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