

# 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**

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

3

**Visit [diabetes.org.uk/get-moving](https://diabetes.org.uk/get-moving)**

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

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.



**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](mailto:helpline@diabetes.org.uk)

