



Week 3: Physical Activity and Weight Management

Being active helps your body use insulin better, lowers blood sugar, and supports weight management.

Tips for activity:

- Aim for at least 150 minutes of moderate activity a week (like brisk walking, cycling, or swimming).
- Reduce sitting time – stand up, stretch, or walk every 30 minutes.
- Find activities you enjoy – gardening, dancing, walking with friends.



Did you know?

If you can't get to the gym, a brisk 10-minute walk after meals can lower your blood sugar.

