

# GET MOVING

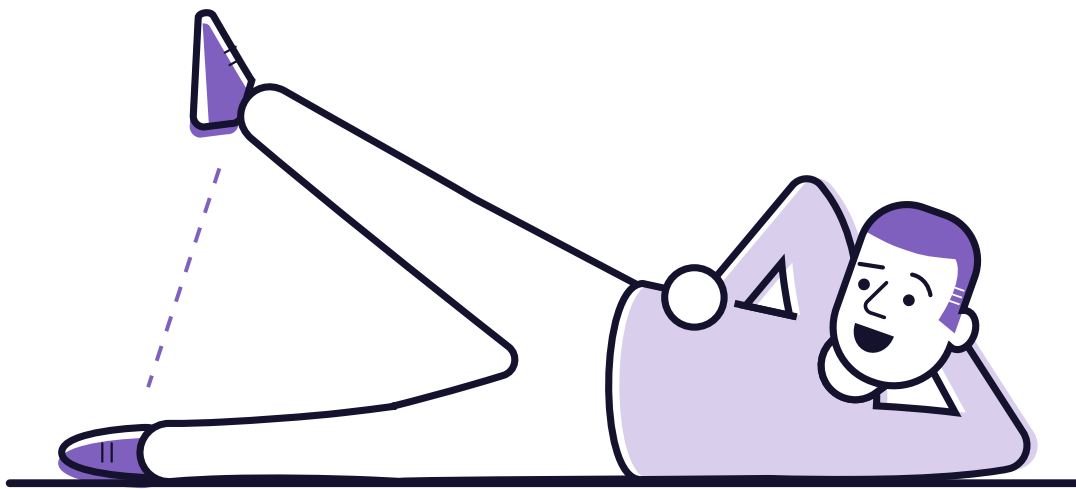
TO PREVENT AND TO HELP PEOPLE  
LIVING WITH TYPE 2 DIABETES



**How Will Activity help me?**

# What is Type 2 Diabetes?

## Do you understand your condition? How can you prevent Type 2 Diabetes developing?



It is important you understand about your condition. Having knowledge about Diabetes, helps you to recognise why weight, food, blood tests, eye screening, feet checked, urine tests, monitoring if required are all important.

<https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2>

A healthy intake and exercise all help to improve glucose levels which can reduce the risk of you developing Type 2 Diabetes. It may also help reverse Diabetes.

This booklet aims to help you understand why activity can help with glucose levels, overall health and mood.

Look at types of exercise and what foods can help with Diabetes.

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# PREVENT TYPE 2 DIABETES.

## Do you have a slightly raised blood glucose, suggesting you are developing Diabetes? How can activity reduce your risk of developing Diabetes?

You may have had a blood test called HbA1c, which is slightly high but not in the Type 2 Diabetes range. The result may have been between 42-47mmol/mol, called pre Diabetes. Over 48mmol/mol would suggest you have Type 2 Diabetes. Type 2 Diabetes is condition when your blood glucose levels are too high, suggesting you are not making enough of a hormone called insulin. This can lead to serious medical problems if left untreated.

You can help lower your glucose levels below the pre Diabetes range by eating healthily, losing weight and moving more.

Activity can help you to lose weight and improve your general health. This in turn can reduce the amount of fat you are carrying, which can allow your insulin to work more effectively and lower your glucose levels.

### Build up on exercise levels slowly. Tips may be to:

- Find an activity that you enjoy
- Ask friends and family to join you to make it more fun
- Try a new activity to meet new people
- Be more active around the house, join in with online activities

### More information in preventing Diabetes

[www.letspreventdiabetes.wales](http://www.letspreventdiabetes.wales)

[www.keepingmewell.com/living-well-leading-a-healthy-lifestyle/eating-well/prediabetes-type-2-diabetes/](http://www.keepingmewell.com/living-well-leading-a-healthy-lifestyle/eating-well/prediabetes-type-2-diabetes/)

<https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/preventing>

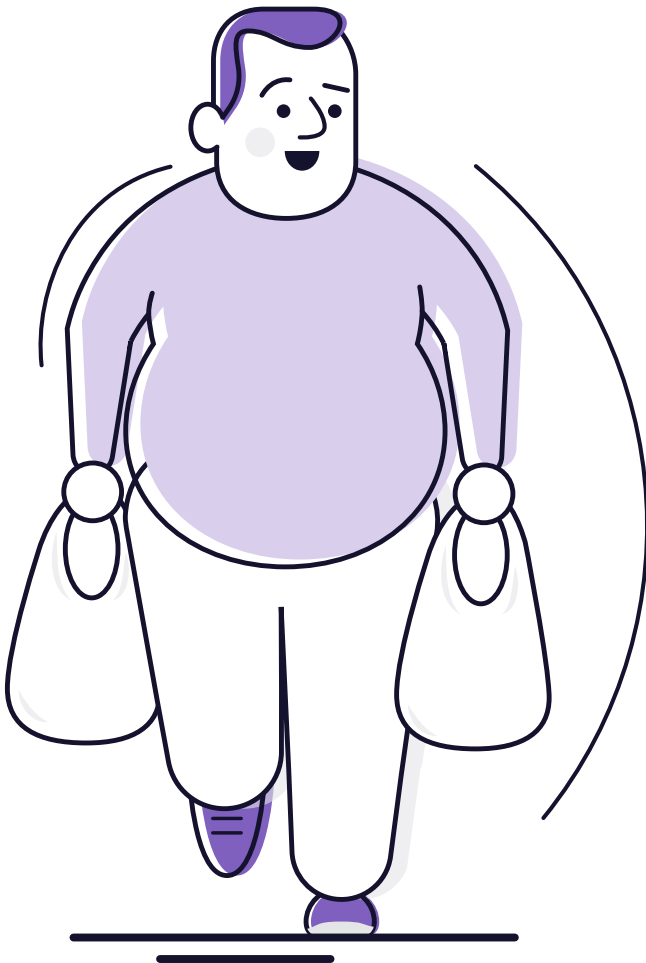


# Why should I move around more and become more active?

## Is becoming involved in activity something you are thinking about, but not sure where to start?

Being active looks different for everyone. There may be lots of things you do already that count as physical activity, such as shopping, gardening, housework and DIY.

Aim to choose an activity that is fun and you enjoy. It doesn't matter about your current level or ability, start small and build up. Start with gentle walking, swimming, yoga or pilates.



## But how can activity help physical and mental health?

- Activity can reduce the risk of heart disease and stroke. Also cancer and early death.
- As you get older, activity can reduce the risk of falls, hip fractures and improve balance <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>
- For your glucose levels, exercise can help you use up your glucose to keep your levels in the appropriate range.
- It can also help you lose weight, which in turn may help improve your glucose levels. In some cases weight loss can help Diabetes into remission (when you don't have Diabetes any more). <https://www.diabetes.org.uk/diabetes-the-basics/type-2-reverse>
- Living with Diabetes can be emotionally draining. Look here for some useful resources on emotions and diabetes. <https://www.diabetes.org.uk/guide-to-diabetes/emotions>
- Stress and depression can be difficult to manage, Activity can boost self esteem, mood, sleep and energy.
- Being active can help improve your blood pressure/insulin sensitivity, cholesterol, improve wellbeing and balance which is important as you get older.



*"Going for a gentle walk with my friend has helped to improve my mood. I now realise that any exercise is better than no exercise, even a ten minute walk."*

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### Top Tips

- Stress can be difficult to manage as you can't always avoid stressful situations. Find some time for yourself to rest your mind
- Sleep and relaxation are important  
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/>
- Activity can help reduce stress  
<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>
- Activity helps you to stop thinking about the things that are worrying you. Try activity with family or a friend to have a chat about your day
- Drinking plenty of fluid and eating well gives you energy to feel good about yourself  
<https://www.bda.uk.com/resource/healthy-eating.html>

### Useful Links

- [www.nhs.uk/live-well/exercise/exercise-health-benefits](http://www.nhs.uk/live-well/exercise/exercise-health-benefits)
- [www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise](http://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise)
- Get help with stress <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>
- Managing stress and building resilience - tips <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience>



# What should I think about before activity?

**Activity can reduce the risk of heart disease and stroke. Also cancer and early death. It is important that you start with small activity and build up as you feel comfortable.**

Think about what types of activity you enjoy. This may include gardening, walking the dog or you may feel you want to build up a bit more than this.

Next think about what you are capable of. Don't over do the activity and risk falling or injuring yourself. Think about any other medical conditions you have and how will you manage these and activity.

- Continuous exercise e.g. walking, swimming can lower your glucose levels too low if you are taking insulin injections.
- Weights or bursts of strenuous exercise can increase your glucose levels. A gentle walk at the beginning or end of the activity may help to keep your glucose levels steady



*"I now understand small doses of exercise are manageable, I don't need to over do it"*

**There is a National Exercise on Referral Scheme (NERS).** Ask your GP, Practice Nurse or Diabetes team to refer you <https://phw.nhs.wales/services-and-teams/wales-national-exercise-referral-scheme/>

**National guidelines** suggest you exercise 150 minutes of moderate activity or 75 minutes vigorous intensity per week <https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>

Break this down into 30 minutes five times per week or 10 minutes three times per day.

## Top Tips

- Think about reasons why you want to start exercise, it will help you to get going. Is it, for example, to lose weight, improve glucose control, play with grandchildren without getting out of breath?
- Think about these goals and reasons for achieving them more often. They will help you keep at it
- Talk to friends and family about how their activity helps them. Would they like to do an activity with you to get you started?
- Try to make activity part of daily life, for example taking the stairs rather than the lift, walk rather than take the car
- Make sure you have appropriate footwear

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### Setting Goals

- First, think about how important activity is to you on a scale of 1-10? Over 7- very important
- How confident are you with your new routine on a scale of 1-10? What could make you more confident? Think about what could get in the way and how could you overcome this
- What support do you need? Talk to people so they understand what you are trying to achieve
- Make a plan of how, what and when you are going to exercise. Also with whom?
- Make yourself a **SMART goal** to get you started
- Being prepared and feeling supported is an important part of the journey. Try to focus on the positives.
- Remember how important activity is to you as you continue to keep going.
- Revisit your **SMART goal** from time to time. Is it realistic and achievable? No? Rethink your SMART plan.

### Smart Goals

- S Specific**  
Make sure the goal meets your needs
- M Measurable**  
How do you know the goal worked?  
Look back and check
- A Achievable**  
Don't make the goal too big so that you cannot meet the end point
- R Realistic**  
Make sure the goal is within your reach and the result matters to you
- T Time bound**  
How often will you carry out your activity?



*"I will become more active for 10 minutes five times per week for the next two weeks. I will recheck my goal in two weeks and aim to increase to my next goal."*



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# What about other medical conditions other than Diabetes? Such as my heart, eyes, feet. What do I need to think about?

## Heart disease

If you have problems with your heart such as high blood pressure, high cholesterol level then activity can help improve your levels. However a previous heart attack, stroke needs discussion with a Doctor first to make sure you are safe to exercise.

The points below can all help to reduce the risk of heart disease.

### Diabetes and blood pressure

[https://www.diabetes.org.uk/guide-to-diabetes/complications/cardiovascular\\_disease](https://www.diabetes.org.uk/guide-to-diabetes/complications/cardiovascular_disease)

### Cholesterol and diabetes

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/managing-other-medical-conditions/cholesterol-and-diabetes>

### Diabetes and stroke

<https://www.diabetes.org.uk/guide-to-diabetes/complications/stroke>

Aim to **stop smoking** [www.helpmequit.wales](http://www.helpmequit.wales) and **eat a balanced** diet to improve your heart health

<https://nutritionskillsforlife.com/healthy-eating-information>

[www.nhs.uk/healthier-families/recipes](http://www.nhs.uk/healthier-families/recipes)

**Reducing alcohol** can reduce blood pressure and cholesterol, improve your mood and give you more energy. Aim to have 2 alcohol free days per week and no more than 14 units per week. That's about 6 glasses of wine or 6 pints of beer

<https://www.nhs.uk/better-health/drink-less>



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### Check your feet

If you have **neuropathy** (problems with nerves in your feet) or foot ulcers, you might need to avoid certain types of activity such as jogging.

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise#complications>

Body weight supported exercises like swimming or cycling may be better for you.

Wear suitable footwear when exercising and check your feet regularly for any changes in the way they look or feel.

#### **Fitness advice for wheelchair users**

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/wheelchair-users-fitness-advice/>

**Sitting exercises** <https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/sitting-exercises/>

### Eyes

If you have **retinopathy** (problem with eyes) you should avoid high intensity activity and heavy lifting.

<https://www.diabetes.org.uk/guide-to-diabetes/complications/retinopathy>

Speak to your Diabetes team for further advice.

If you have problems with your sight, you can find more information about becoming active via the following links:

#### **British Blind Sport**

<https://britishblindsport.org.uk>

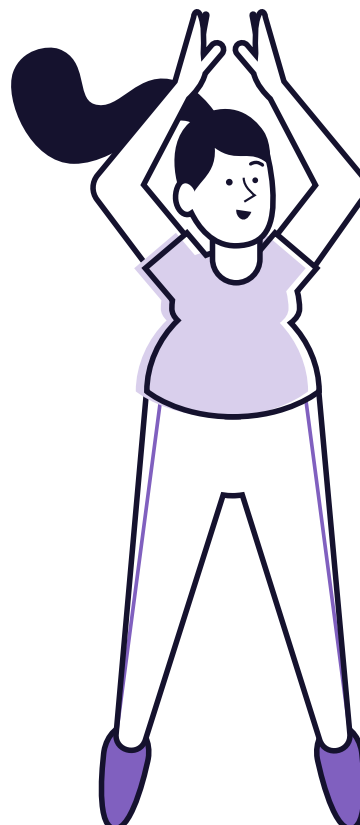
#### **British Blind Sport events**

<https://britishblindsport.org.uk/events>

### Kidneys

It is safe to exercise if you have damage to your kidneys (nephropathy). You may want to discuss exercise if you are under a kidney specialist what type of exercise is safe for you.

[https://www.diabetes.org.uk/guide-to-diabetes/complications/kidneys\\_nephropathy](https://www.diabetes.org.uk/guide-to-diabetes/complications/kidneys_nephropathy)



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# What is insulin resistance and remission? How does it affect me?

**Insulin resistance occurs when your body can no longer use its own insulin production effectively, or the insulin from the injections.**

Insulin is produced when you eat carbohydrate foods such as bread, pasta, chocolate, fruit. The carbohydrate breaks down into glucose and insulin moves it into the cells of your muscles and liver. Then it can be used for energy.

If you are overweight, the glucose cannot enter the cells and you may need more and more insulin to move the glucose away from the blood and into the cells. If the insulin cannot move it away, your glucose levels will build up in the blood.

## How can I reduce insulin resistance?

Activity and a healthy diet can help to reduce insulin resistance.

## A healthy diet

Eating suitable portions of carbohydrate i.e. not over eating carbohydrate can help reduce the amount of glucose in your blood. We need some carbohydrate for energy, so no need to cut it out altogether. Portion control is important and can help you lose weight.

## Activity

Activity can help you lose weight. This will allow the glucose to move into the cells more easily and you may require less insulin. Weight loss can also have a positive impact on any other health conditions such as reduce the risk of heart disease, stroke, reduce cholesterol.

**REMEMBER:** any movement is better than nothing

If you are taking insulin injections, look at the section on taking insulin to understand how to manage exercise and insulin.

## Remission

Eating healthily and losing weight can help to bring Type 2 Diabetes into remission, especially if you haven't been long diagnosed. Remission means when your glucose levels go back to the normal range and you don't need medication any more.

Research shows that if you lose approx. 2 stone over the first few months after diagnosis, you may be able to put Diabetes into remission. You could still go into remission years after diagnosis if you lose weight.

Even losing 5-10% of your body weight can have big benefits on your overall health.

## Reversing type 2 diabetes

<https://www.diabetes.org.uk/diabetes-the-basics/type-2-reverse>



# I use insulin. What do I need to think about before, during and after exercise? How can checking my glucose levels help me with exercise?

If Insulin injections are required to help manage your Diabetes there are a few things you need to know to keep your blood glucose levels stable and reduce the risk of hypos before, during and after exercise.

## Background/ basal insulin

If you are taking a long acting basal insulin, you may find this doesn't affect your glucose levels too much and a small snack may be required during or after activity. You do not need to alter the dose if you are active.

## Insulin with meals or twice a day insulin

If you take insulin with your meal or insulin twice a day (at breakfast and evening meal) you may find this has a bigger effect on reducing your glucose levels. Glucose levels may drop (hypo) during or after activity as the insulin helps your body use up the glucose to provide you with energy.

## Twice daily insulin

You may need to reduce the dose if exercising for a long time. The amount will depend on how active you are. It may be easier to have a small snack if your glucose levels go too low. You can discuss how to adjust your insulin with your Diabetes team



## Meal time insulin

If you are trying to be active to lose weight you may need to reduce your meal time insulin rather than eating more. As a general rule, if your activity is light or not for very long you may not need to make any alterations. If you are building up your activity and find your glucose levels are dropping too low during or after exercise then you may need bigger reductions in insulin.

If exercising within 2 hours of a meal or just before a meal, you may reduce the meal time insulin. How much depends on how far you go and how energetic you are. Start by reducing the insulin a few units at a time and reduce further if having hypos.

Speak to your Diabetes team for the best strategy for you

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### Preventing hypo during exercise is most important.

**ALWAYS** carry hypo treatment with you

Tell someone where you are going if exercising alone

Adjusting your insulin and having appropriate food can reduce risk of hypos

Revisit your **hypo treatment and knowledge**  
<https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos>

You may need a bedtime snack to prevent overnight hypos

Take caution with activity: **DO NOT** exercise if you have had a severe hypo (under 2.5mmol/l) in the last 24 hours.

### Blood Glucose levels

It is important to know your blood glucose levels at the start of activity to understand if you should have a snack - **you may need a small snack if your blood glucose level is under 6mmol/l at the start of activity, such as a small piece of fruit or two small crackers.**

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise/blood-sugar-levels>

- If your glucose levels are 4-5mmol/l during activity have 2-3 glucose tablets or a few sweets. After the activity, have a small snack such as a small piece of fruit, 2 small crackers, small glass of milk. This will help reduce the risk of a hypo.
- However, if your glucose levels to go down under 4mmol/l you must have some quick acting carbohydrate (see hypo guidelines above).

### Hypo treatment

10-15g carbohydrate i.e 3-5 glucose tablets, 100ml Coke, 200ml fruit juice.

Retest 10-15 minutes later, repeat if glucose levels are less than 4. If over 4 have a small snack such as a small piece of fruit or two small crackers or your meal.

### Flash glucose monitoring

This system can be a really useful way of understanding how your blood glucose levels respond to food and activity – this might be a good time to discuss it with your Diabetes team.

Regular checking of blood glucose levels before, during and after activity will make it easier to adapt to exercise.

### Diabetes UK - Technology and Diabetes

<https://www.diabetes.org.uk/guide-to-diabetes/diabetes-technology>

### Diabetes Technology Network

<https://abcd.care/dtn/education>

Learn how to read and understand your arrows:

### Interpreting daily traces - for Libre users

<https://abcd.care/resource/interpreting-daily-traces>

### Insulin X-PERT education course

X-PERT insulin is a structured education course that runs over 6 weeks. Groups of people taking insulin attend to learn more about Diabetes, adjusting insulin, carbohydrates, exercise plus more. Speak to your Diabetes team to see if they run it in your area and can refer you to take part.

<https://www.xperthealth.org.uk/programmes/#insulin>

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# Food is important for your health and wellbeing. Look into how nutrition can impact on your blood glucose levels and weight

## Healthy living

Eating healthily can also help reduce cholesterol, blood pressure and protect against stroke and cancer. Find out more about managing Diabetes and healthy eating.

Eating well can improve your health and links well with activity. Having a variety of nutrients such as carbohydrates, protein, vitamins, minerals and fibre promotes well being too. Learn here about portions and which carbohydrates are good for your health and glucose levels

<https://www.bda.uk.com/resource/healthy-eating.html>

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes>

## Eat Well Guide

Follow the **Eat Well Guide** to understand what you should eat to achieve a balanced diet.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

### This guides us for how much we should eat for a healthy intake:

- Aim for five portions of fruit and vegetables per day
- Choose wholegrain varieties of bread, pasta and rice
- Pulses/beans are a good source of protein
- Choose lean cuts of meat (lower fat) butter, cheese and yoghuts
- Have oily fish one-two times per week
- Reduce the amount of chocolate, cakes, crisps, chips, takeaways etc

## Swap

- Bars of chocolate to a smaller portion or a chocolate biscuit
- More than 1 biscuit at a time to 1 biscuit
- Full sugar fizzy drinks to diet/ zero/ no added sugar drinks
- Sugar to sweetener

## Other healthy snacks

- Swap biscuits for small portions fruit
- 2 small crackers, add hummous, cheese, ham
- 2-3 breadsticks
- Nuts
- Salad sticks



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### Portion size

The volume of carbohydrate you eat can have different effects on glucose levels. If you eat larger portions, this can increase your glucose levels. Look at your portions and see if they can be reduced or make healthier swaps for lower fat and carbohydrate foods.

#### Carbohydrate foods are for example:

- Pasta, rice, potatoes, bread, cereals
- Fruit and milk
- Chocolate, cake, biscuits, crisps

#### Suitable carbohydrate portions

- Three heaped table spoons of cereal, one third of a pint of milk
- Two slices of bread/ one large wrap or pitta bread.
- One small jacket potato / 4-5 egg size potatoes
- Approx 150-180g cooked pasta or rice

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/portion-sizes>

### X-PERT

X-PERT is a structured education programme that runs over 6 weeks. Groups of people attend who would like to learn more about Diabetes, portions, fats, exercise, plus more.

Some areas may also run a one off Diabetes education programme which explains how and why healthy eating for Diabetes can benefit your health.

Speak to your Diabetes team to see if they run it in your area and can refer you to take part for either education programme.

[xperthealth.org.uk](http://xperthealth.org.uk)

### My Desmond

My Desmond is website with further information about healthy eating and managing Diabetes.

<https://www.mydesmond.com>



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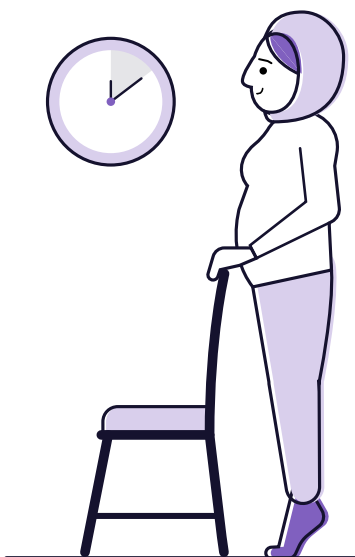
# Start small and build up.

**Deciding which activity is best for you can be difficult. Remember to find activities you enjoy. Start small and build up.**

Remember to discuss with a Doctor which activities are suitable for you if you have any other health conditions.

### Small simple steps are important:

- Try moving around more at home. Lift your arms and legs around when sitting down
- Get up and move around more often, even if its just for a few minutes at a time e.g. 5-10 minutes every hour, between TV programmes, between work meetings
- Walk up and down the stairs a few times a day
- Take the stairs rather than the lift
- Park further away from where you need to be and walk the rest of the way
- Have a dance around your kitchen daily



### Fitness Studio exercise videos

<https://www.nhs.uk/conditions/nhs-fitness-studio>



### Strength and flexibility exercises

<https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/strength-and-flex-exercise-plan-how-to-videos/>



### Sitting Exercises for strength and flexibility

<https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/sitting-exercises/>



### Home workout videos

<https://www.nhs.uk/better-health/get-active/home-workout-videos/>



### How to be more active

<https://www.nhs.uk/better-health/get-active/how-to-be-more-active/#exercise-plans>



### Running and Aerobic Exercises

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/>



### Walking for Health

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/walking-for-health/>



### Knee exercises for Runners

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/knee-exercises-for-runners/>

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### Physical activity guidelines



#### Physical activity guidelines for older adults (over 65 years)

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-older-adults/>

- Older adults should aim to do activity every day
- Light activity is helpful e.g. a short walk
- Activity that improves, strength, balance and flexibility on two days a week is important e.g. gardening, pilates, chair yoga



#### Physical activity guidelines for adults aged 19 to 64

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-for-adults-aged-19-to-64/>

- Following guidelines of 30 minutes five times per week can help to reduce the risk of heart disease or stroke
- Strength exercises on two days per week is helpful e.g. yoga, weights
- Spread activity over the week
- Just trying to spend less time sitting down is beneficial to your heart and health



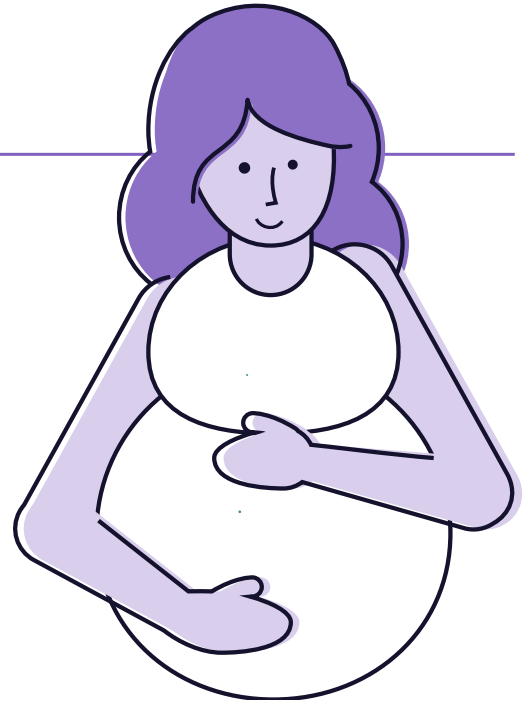
#### Fitness advice for wheelchair users

<https://www.nhs.uk/live-well/exercise/exercise-guidelines/wheelchair-users-fitness-advice/>

- Muscle strengthening activities are important. The type of activity depends on your physical ability
- Aim to raise your heart rate and be slightly out of breath
- Build up slowly
- Aim to strengthen your shoulder and back muscles
- Discuss your needs with your local recreation centre or gym

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# Are you female and of child bearing age? Or are you pregnant?

**It is important that you have excellent glucose control at the time you conceive and over the first 12 weeks to help the baby's spine and heart form properly. There is a higher risk of miscarriage with higher glucose levels. Throughout pregnancy, good control is important to keep the baby well as regular high glucose levels can cause the baby to grow too big.**

There are risks to the baby if you are taking certain types of medication, such as statins and blood pressure tablets. You should also take a high dose of folic acid (5mg, before you conceive if possible) which is prescribed from the GP, not over the counter. This helps to reduce the risks of any problems at conception.

You can talk to your GP or Diabetes team about these risks and some areas may offer a clinic appointment to discuss with the Diabetes Consultant in detail how to approach a healthy pregnancy.

## Pre Pregnancy

Regular exercise can improve fertility and help with you falling pregnant. Exercise before pregnancy and during pregnancy can help you have a healthy pregnancy.

**Exercising and being active when trying to conceive** <https://www.tommys.org/pregnancy-information/planning-a-pregnancy/are-you-ready-to-conceive/being-active-when-trying-to-conceive>

## During Pregnancy

Activity in pregnancy can help support your changing shape. It may also help reduce excessive weight gain. Exercise can provide many benefits for you and your baby but make sure you don't over do it and hurt yourself.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1054538/physical-activity-for-pregnant-women.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054538/physical-activity-for-pregnant-women.pdf)

Guidelines suggest 150 minutes per week, broken down into smaller sessions such as 30 minutes per day. Physical activity for pregnant women ([publishing.service.gov.uk](https://publishing.service.gov.uk)).

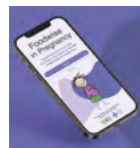
### Exercise in pregnancy

<https://www.tommys.org/pregnancy-information/im-pregnant/being-healthy/exercise>

<https://www.nhs.uk/start-for-life/pregnancy>

### Have a healthy diet in pregnancy

<https://www.nhs.uk/pregnancy/keeping-well/have-a-healthy-diet/>



### The Foodwise in Pregnancy app

<https://bcuhb.nhs.wales/health-advice/best-start/app/>

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### Have you developed Gestational Diabetes during pregnancy?

30 minutes of activity post meals can help keep your glucose levels in target.

You are at risk of developing Gestational Diabetes if you have another pregnancy and you are at risk of developing Type 2 Diabetes in the future. Continuing to eat a healthy intake, being active and an average weight for your height can reduce this risk

This link may help you reduce the risk of developing Type 2 Diabetes in the future. Its called Baby Steps

<https://www.letspreventdiabetes.wales/>

If you have developed Type 2 Diabetes after having Gestational Diabetes and would like to have another baby, it is important to have blood glucose levels at the target level before conception (HbA1c less than 48mmol/mol). This will help reduce the risk of problems occurring, mentioned earlier in this section.

Speak to your GP to have an up to date blood test and look at the medications you are taking to have the best possible chance of having a healthy pregnancy.



With thanks to the **All Wales Patient Reference Group** for comments on the content of the booklet