



Move a little more, *every day*

Being active is one of the best things for your heart and blood sugar, and it doesn't mean the gym. **Everyday movement counts**, and it all adds up.



After-dinner walk

15 minutes with family after your evening meal; great for blood sugar



Walk to the temple or shops

Leave the car when the trip is short and the weather is kind



Get off one stop early

On the bus or train, walk the last stretch home



Housework & gardening count

Do them a little more briskly and you're exercising



Move during TV

Stretch, march on the spot, or do chair exercises during your serials



Walking group with friends

After prayers or in the morning; company makes it a habit



Take the stairs

Skip the lift for one or two floors when you can



Play with the grandchildren

Chasing little ones is movement too, and it's joyful



Aim for 30 minutes on most days

Two 15-minute walks are just as good as one 30-minute walk. Something is always better than nothing, so start small.