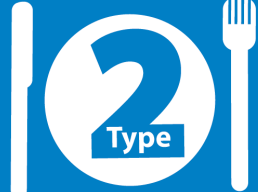


LIVING WELL WITH DIABETES



NHS

Bradford Teaching Hospitals
NHS Foundation Trust

Getting Active

Information for young people with diabetes

This leaflet provides information on physical activity and exercise. We all know that taking part in some exercise is good for us, but it can be difficult to fit in and to continue exercising. Use the tips below to help you get started with something that's right for you!

Doing exercise doesn't mean you have to go to the gym. Including some regular everyday activities such as walking, shopping or helping at home all count.

Why should I bother?

Being active protects our long-term health but it can also help you to:

- Control your blood glucose levels
- Lose weight
- Tone up, fit in your clothes and feel more confident
- Give you more energy
- Sleep well
- Meet new friends

How much should I do?

Ideally you should do an hour a day but this can be broken down into 10-15 minute sessions to make it easier... and don't forget **anything is better than nothing!**

Don't know what to do?

It is really important to find something that you enjoy and will look forward to. Ask your dietitian for a list of things to do in Bradford.

If you're not keen on sports, you could start by finding a new hobby, signing up for a charity run/ walk, volunteering or joining a youth club that will give you a new interest. This can reduce the time you spend sitting down.

Try to limit watching TV and playing computer games to no more than 2 hours per day.



How will you fit it in?

Start with small changes – build some activity into your everyday life. But remember it won't happen unless you make a plan. Look at the chart below for an example of how you can plan and keep track of your physical activity levels.

Day of week	Type of activity						Total time minutes
	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	
Monday	walk to school	walk home from school	clean bedroom	kick-a-bout in park	kick-a-bout in park	play wii fit	60

Use the chart below to record how much activity you do each day over the rest of the week. You can either write or colour in each section for every 10 minutes of activity you do. Talk to your dietitian and family about what reward you could earn if you manage to complete all the sections for a week!

Day of week	Type of activity						Total time minutes
	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Food for Life - Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust

Telephone: 01274 365219 (8.30am – 4.30pm) Answerphone available outside office hours. We use Next Generation Text for people with hearing difficulties. This used to be called BT Text Relay. Ring 18001 01274 365219

Fax: 01274 365182 E-mail: SLH.DiabetesTeam@bthft.nhs.uk
www.bradfordhospitals.nhs.uk/dietetics

Author: Paediatric Diabetes Dietitians Review Date: Nov 2019
 Code:PDM-10-11-17 MID:17092023

If you need this information in another format or language, please ask a member of staff to arrange this for you.