



# Skills for Living

with Type 2 Diabetes

[www.neclldnetwork.co.uk](http://www.neclldnetwork.co.uk)

 @neclldnetwork

# Why this work is so important



# Co-Production and accessible resources

Remember the aim of this course is help us get control of our diabetes. We can live long and healthy lives!



And remember there are so many different exercises that you can do

Get active at home

Get active when travelling

Get active as a hobby

Click to add notes

Why exercise and activity is so important for people with Type 2 Diabetes

## Learning points



Diabetes is when your body cannot control the sugar in your blood.



Our course is about Type 2 Diabetes.



Many people do not have sign that they have diabetes.

But some people have different signs like being very thirsty all the time and needing to wee a lot.



Diabetes is very serious and can make you very poorly.



The great news is that by healthy eating, losing weight, taking exercise, and working with doctors and nurses, you have a really good chance to live a long, healthy and happy life.

# Fantastic Feedback







Thank you for listening

