



WEEK 6

LET'S TALK ABOUT BEING ACTIVE

Our talking points today	Time (mins)
Welcome and recap from last week	10
Ice Breaker - what's your favourite SPECTATOR sport?	10
<p>Discussion – let's talk about the importance of moving more, and the things we can easily do, such as choosing to walk instead of driving, climbing stairs etc.</p> <p>Useful links:</p> <ul style="list-style-type: none"> • Ways to Age Well – Move more and smile, laugh while the heart is getting a workout - there's no medicine that can do that • Get Inspired by Mindu- play video and discuss motivation and preference for exercise. • Walk This Way – Walking can improve insulin sensitivity, as moving muscles uses up excess glucose. Dr Mike Evans presents 'What is the single best thing we can do for our health?' • Simple things that we can do to get fitter For Free Know Diabetes 	30
Wrap up	5