

Better Health x Diabetes Prevention Social Posts

Please add in relevant emojis where possible, and include appropriate social graphic/animation.

- For some people, managing diet, physical activity and sustained weight loss can be effective in reducing the risk of type 2 diabetes.
You don't need expensive equipment to get active. A daily brisk walk can boost your energy & improve your health.
Visit: nhs.uk/betterhealth/get-active
- For some people, managing diet, physical activity and sustained weight loss can be effective in reducing the risk of type 2 diabetes.
Visit nhs.uk/betterhealth for support and tools to help with losing weight and getting active.
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Healthier food doesn't have to be expensive. Download the free "Easy Meals" app for tasty recipes that won't break the bank.
- If you want to lose weight, eat better or move more, now's the perfect time to turn things around.
Try our simple swaps and tips for getting on track and staying there.
Visit nhs.uk/better-health and riskscore.diabetes.org.uk/ to check your risk of getting type 2 diabetes.
- You can reduce your risk of developing type 2 diabetes by eating well, moving more and getting support to lose weight if you need to.
Whether you run, walk or dance around your kitchen, the more you do the better.
Try these tips to move more everyday nhs.uk/betterhealth/get-active/