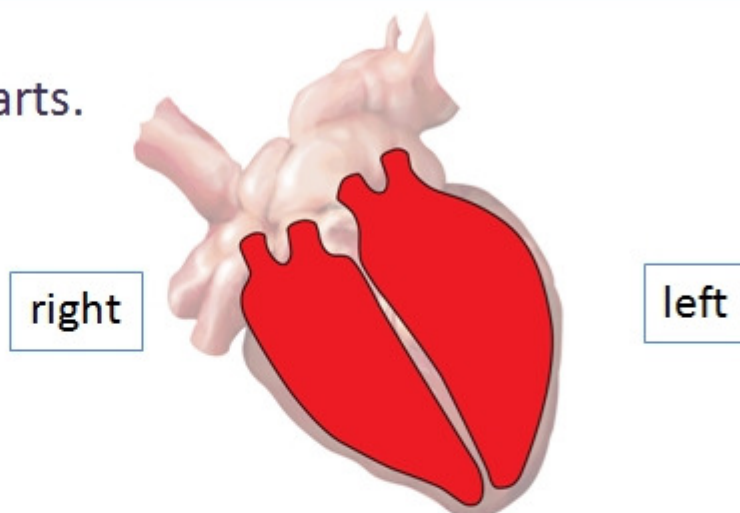


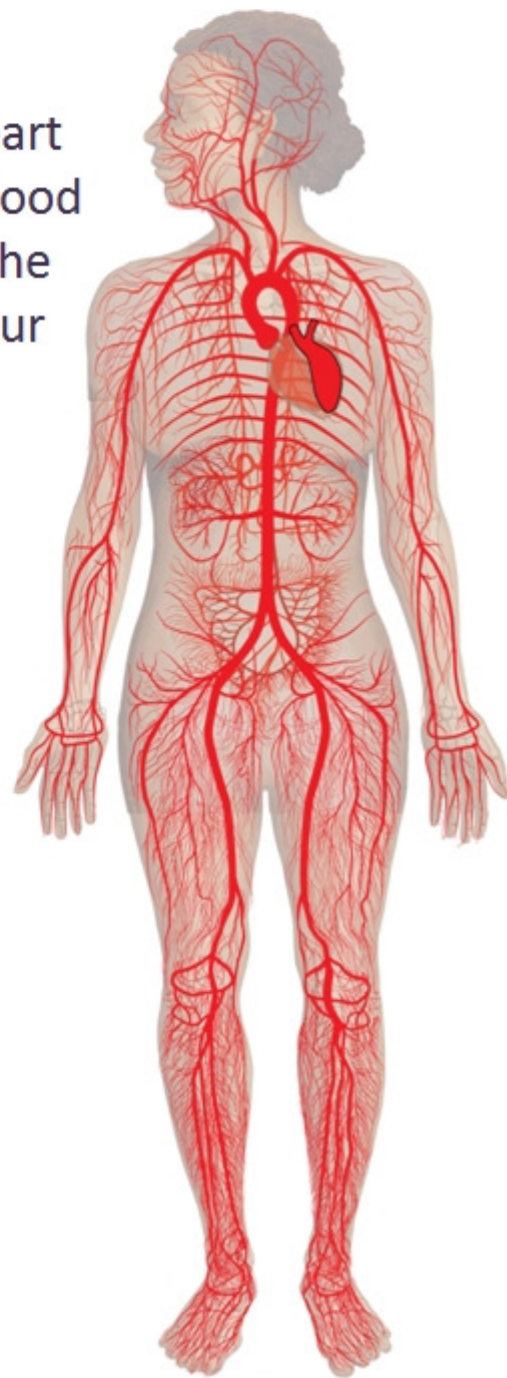
1 Your heart has 2 parts.



2 The right part pushes blood through your lungs

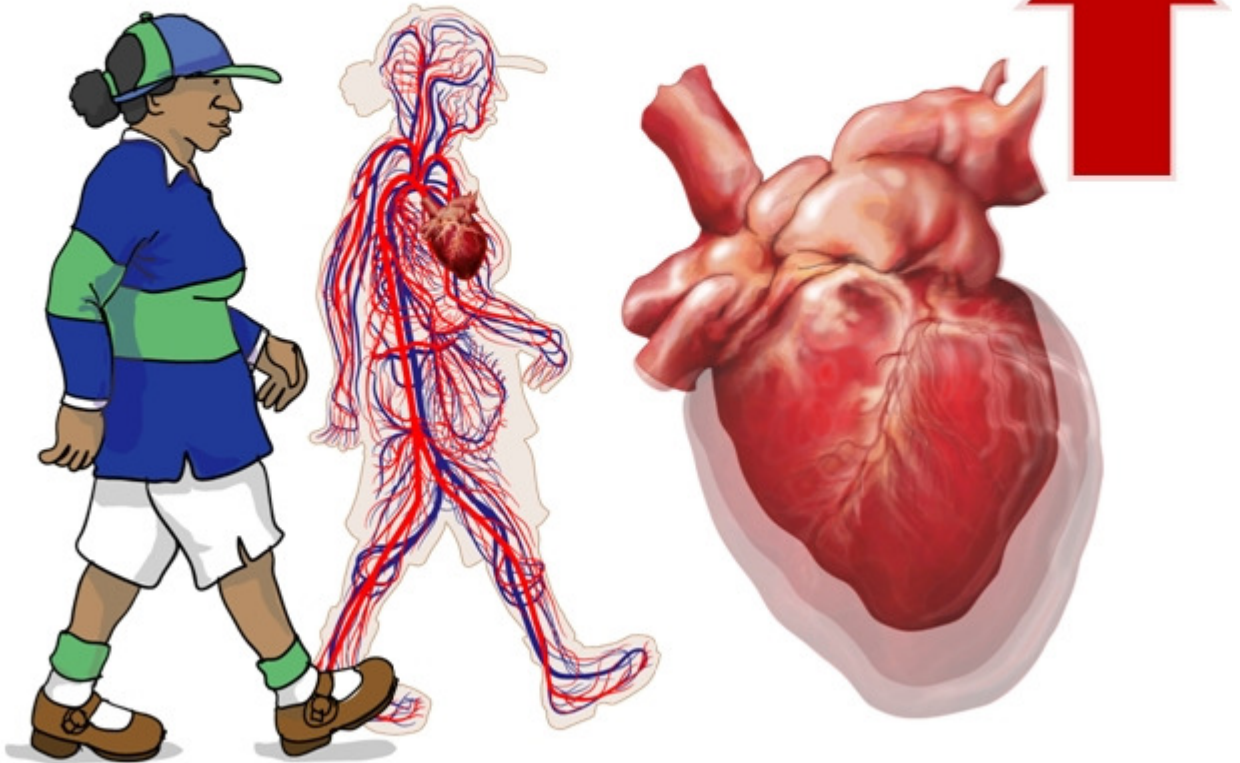


3 The left part pushes blood through the rest of your body

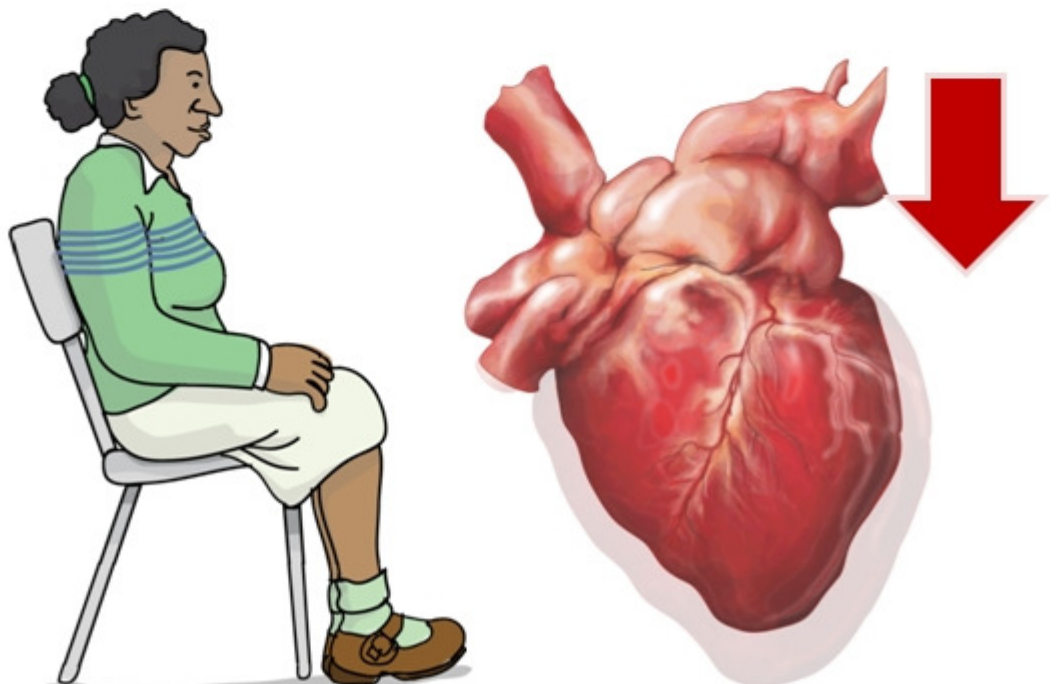


Blood pressure Your heart

- 1 When you are active your heart beats faster and your blood pressure goes up.



- 2 When you sit and rest your heart beats slower and your blood pressure goes down.



Blood pressure Your heart

1 Being active is good for your heart.



2 Sitting down too long is bad for your heart.



3 **Don't sit down for more than 1 hour.** For every hour you sit stand up and be active for 3 to 5 minutes.



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

Key health competencies:

After using the resource a client should be able to show or tell you about:

- How to wash their feet.
- Keep between their toes healthy.
- Why you need to use a clean towel & look for blood or pus on the towel after it has been used .
- How to use skin cream on their feet
- The importance of wearing a pair of new socks every day & changing socks if they get wet or sweaty.
- Getting someone to help them check their feet & how to use a mirror so they can see underneath their feet.
- How to remove hard skin safely..
- How to keep their toenails smooth.
- To always getting their toenails cut at the high risk foot clinic or by a podiatrist.
- Never cutting their own nails unless they have talked to the podiatrist or nurse first

Related resources

- Looking after your feet– Posters
- Looking after your feet– Yarn cards
- Looking after your feet– Picture yarn
- Looking after your feet– Test cards
- Foot care– Body parts

Notes:

The resource can be printed A3 or A4 size and then laminated.

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