

## diabetes foot care Exercise



- 1** Moving around is good for your blood pipes and good for your feet



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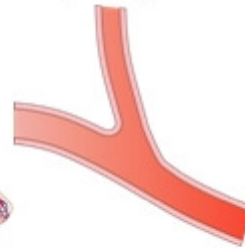
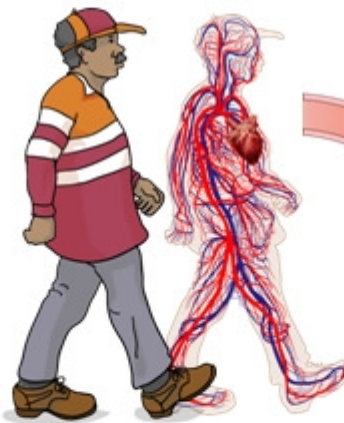
## diabetes foot care Exercise



- 2** Do some moderate physical activity every day



Walking is  
good for  
your heart



Walking is good for your blood pipes

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## diabetes foot care Exercise



- 3** Physical activity is very important



Walking is  
good for  
your blood  
sugar levels



Walking is very good  
for your nerves



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**4** Remember to always wear your shoes and socks all the time especially when exercising



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 exercise is good for 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 moving is good for:
  - feet
  - blood pipes
  - heart
  - blood sugar levels
  - nerves
- Why they need to wear shoes and socks when exercising.

### Target group:

This resource is designed to be used with an individual client or with a group.

It can be used by Australians of all ages who need to know about foot care when they have diabetes.

### Related resources

- Being active– Posters
- Being active– Yarn cards
- Being active– Picture yarn
- Being active– Test cards
- Foot care– Body parts

### Notes:

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

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