

Exercise tips to prevent diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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Soccer

Regular physical activity helps to:

- Control blood sugar levels
- Keep you fit and healthy
- Reduce stress
- Control your weight
- Lower blood pressure and cholesterol levels

TIPS

Do some exercise everyday



Walk to the shops, don't drive



Cycling



Digging



Take the stairs instead of the lift



Skipping