

How can I exercise safely?



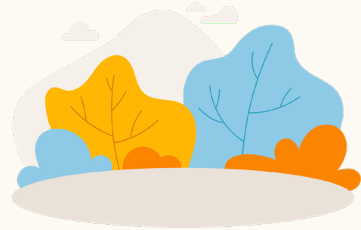
Start slow if you have not been physically active



Wear **comfortable clothing** and **appropriate footwear** (well-fitted shoes with adequate support)



Check your feet for wounds before and after exercising



Exercise at a **cooler time** (mornings or evenings, or in a cooler environment)



Bring along **healthy snacks** or sugar-containing sweets, in case of hypoglycaemia (low blood sugar)



Keep hydrated



Exercise **with family and friends**