

You can lead a fulfilling life even with diabetes!



- **Eat sensibly** – choose wisely, eat enough
- If required, take your medication or insulin appropriately; seek medical advice if you feel ill

Enjoy your life with activities like

- Brisk walking in the park or neighbourhood
- Physical sports with friends (e.g., badminton)
- Gardening
- Caring for grandchildren
- Hobbies requiring good vision and fine motor skills
- Fun and active hobbies with friends