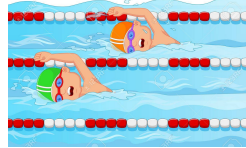






**Strengthening bones = swinging on play equipment, hopping, skipping, gymnastics or tennis**

**Exercise should be fun and there maybe activities you didn't know you would enjoy until you give them a go. Look up what is available in your local area.**



**All Children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods:**

- ✓ Less time watching TV, using computer or video games
- ✓ Break up sedentary activity by walking part of a route

**The whole family should get involved in physical activity.**

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Paediatric Diabetes Team      Department: Paediatric Diabetes  
Version: 1      Published: July 2021      Review: July 2023

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔  
ने उठाई उठाने की लेंच है डॉ बिचपा करके इस नंबर से फोन करें: 01932 723553  
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤ کریم اس فون نمبر 01932 723553 پر رابطہ کریں  
Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553  
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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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