

Diet and fitness information:-

- **Healthy eating**

[Healthy Eating and your Diabetes Patient Information Leaflet](#)

- **NHS fitness video**

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

- **NHS weight loss video**

<https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme>

- **Setting dietary & fitness goals and tracking weight**

<https://www.myfitnesspal.com/>