

MyCARE

With me, every step of the way



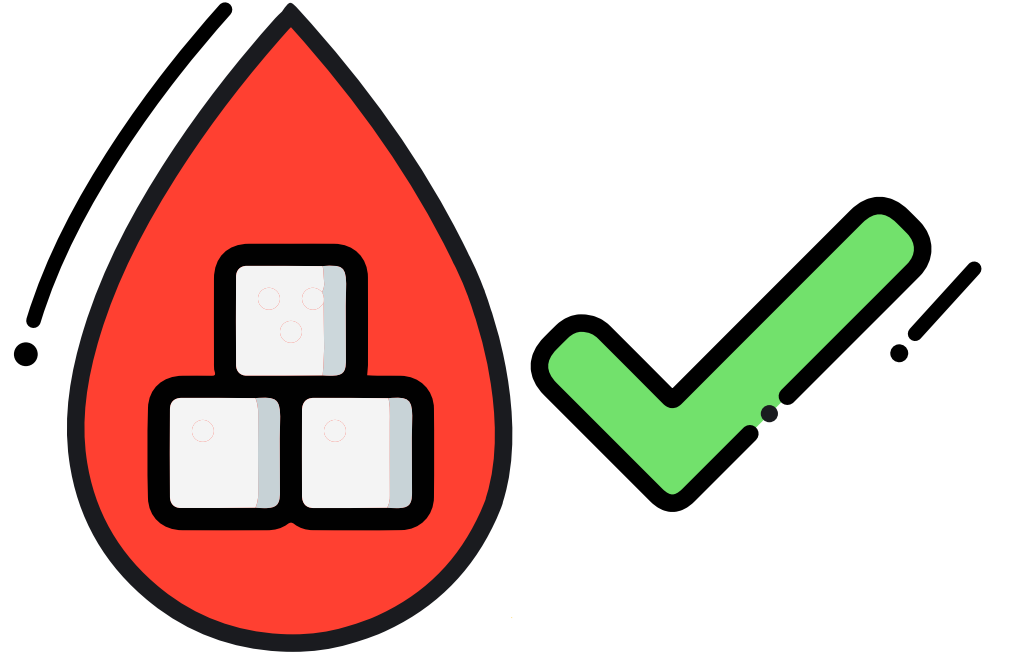
“ खूप जास्त वेळ बसून राहणे
आरोग्याला घातक
ठरू शकते ”



તુમ્હી દર 30 મિનિટાંની
ઉઠલે પાહિજે આણિ
થોડેફાર હિંડલે પાહિજે



નિયમિતપણે હિંડલ્યામુઠ્ઠે
રક્ત શર્કરેવર (બ્લડ
શુગરવર) અધિક
ચાંગલ્યા રીતીને નિયંત્રણ
મિઠવતા યેણે શક્ય હોઈલ



अशा प्रकारे
हिंडताना तुम्ही
काय करू शकाल
याबद्दलच्या
काही सूचना

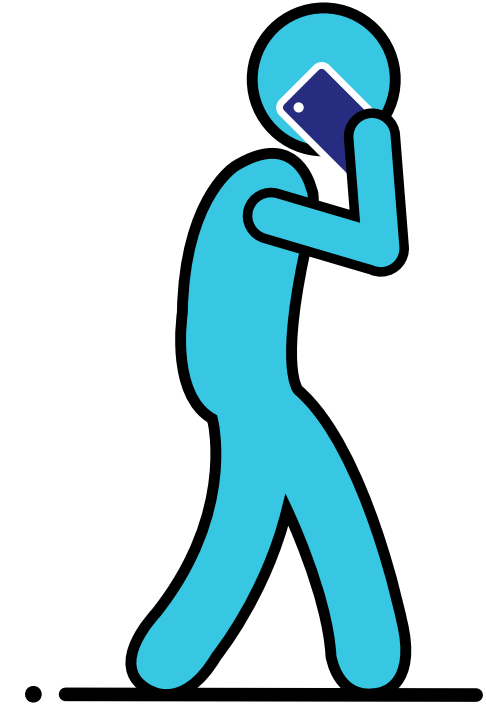
पाणी पिण्याची सुट्टी घ्या
आणि पाणी ठेवलेल्या
भांड्यापर्यंत चाला



तुमच्या सहकाऱ्याकडे / कुटुंबातील
सदस्याकडे **चालत जा** आणि
टेक्स्टिंग करण्याऐवजी प्रत्यक्ष बोला



जेव्हा तुम्ही फोनवर बोलता
तेव्हा चालत राहा



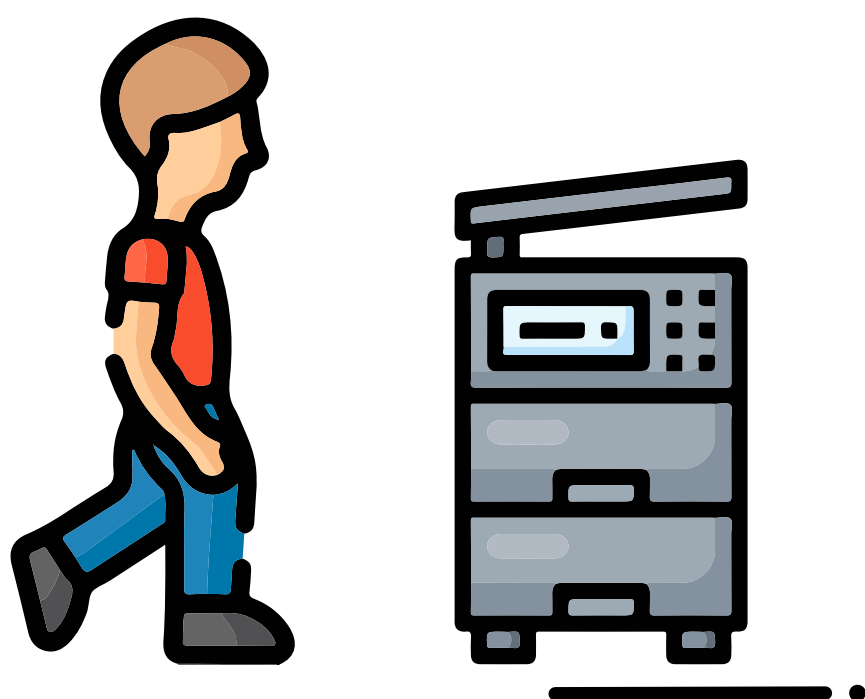
मधूनमधून वॉशरूम ब्रेक घ्या



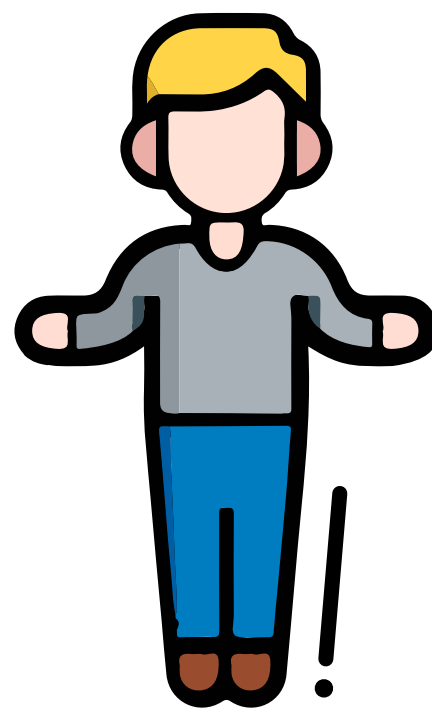
जिने चढा



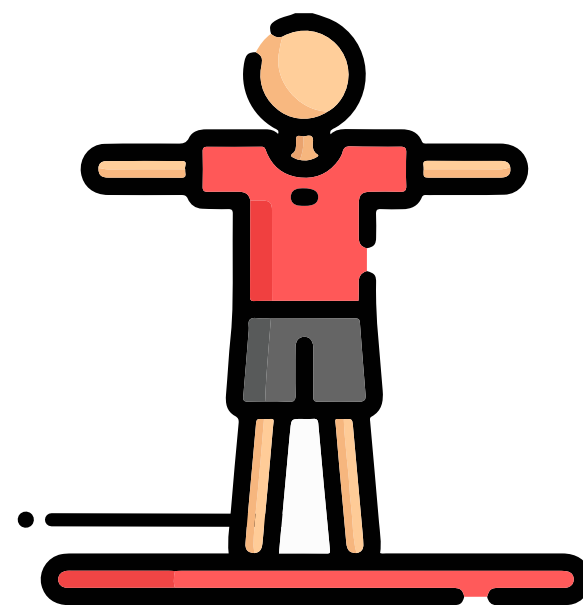
तुम्ही स्वतः फोटोकॉपी
मशीनपर्यंत चालत जा



जागच्या जागी पळण्याचा/
मार्चिंगचा सराव करा



तुमच्या शरीराला थोडासा
ताण द्या



“ हालचाली जास्त करण्याचे आणि बसून राहणे
कमी करण्याचे लक्षात ठेवा ”



“ अधिक माहितीसाठी तुमच्या
डॉक्टरांशी किंवा तुमच्या
MyCARE डायबेटिस एज्युकेटरशी
संपर्क साधा.”



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With me, every step of the way

Reference

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