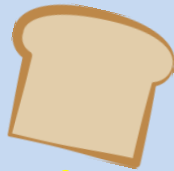


Top Tips

- Cut out one slice of bread a day- you will lose 6lb over a year!



- Walking 20 minutes a day or swimming 10 minutes a day will cut your risk of developing diabetes by 20%!



- In the TV adverts get up from sitting and stand- this counts as increased activity!

