

Ready Set Go – an online learning program to support people with diabetes in becoming more physically active

Ready Set Go is a FREE short online learning program which helps people living with diabetes take the next step in becoming more physically active.

Physical activity has short- and long-term benefits for people with all types of diabetes, and plays an important role in their diabetes self-management plan.

In the online program, participants will:

- Learn about the many benefits of becoming more active and look at their own current activity levels.
- Learn about the different types of physical activity, find out what they would like to do more of and learn how to exercise safely.
- Look at ways to overcome any potential stumbling blocks and learn how to make being active a habit.
- Learn how to sustain exercise habits, how to get back on track if they fall off track, and where to get more support on the journey.

This program can be completed in under two hours on a laptop or desktop computer. The information is separated into four easy-to-follow modules, so people can learn at their own pace and come back to the program at their convenience.

Encourage people living with diabetes to register today.



Visit ndss.com.au or scan the QR code to enrol in the program.

