



FREE  
12 Week  
programme

# STEPWATCHERS

*For people with  
Diabetes*

Commit to moving more and  
making a difference  
to your health!

## Sign up today and receive:

- a pedometer to help you keep track of your steps
- support with setting weekly step goals
- incentives to keep you motivated
- monthly meetings and follow up calls to keep you accountable

To sign up, please complete our **Diabetes Survey** at  
[www.getoxfordshireactive.org](http://www.getoxfordshireactive.org) or call  
Hendriette Knouwds on 01235 422226