

BEING ACTIVE

Benefits of Being Active

Activity is an important part of diabetes management. Being active can help you maintain a healthy weight and keep your blood sugar in range.

Activity improves diabetes control by:

- Aiding in weight loss
- Helping your insulin work better
- Lowering blood sugar levels

Other benefits of activity may include:

- Managing stress and depression
- Lowering your risk of heart disease
- Raising good cholesterol levels
- Lowering bad cholesterol and triglycerides
- Lowering blood pressure
- Building strong and healthy bones
- Decreasing body fat
- Increasing muscle

Types of Physical Activity

There are different types of exercise: aerobic, resistance and flexibility training. All types of activity are good for you. It is important to find an activity that is best for you and that you enjoy.

Aerobic Activity:

Gets your heart rate up!

- Bike riding
- Walking
- Swimming
- Running
- Yardwork
- Dancing
- Skiing

Resistance Training:

Builds strength!

- Push-ups
- Crunches or sit-ups
- Squats
- Lunges
- Lifting weights
- Resistance (stretch) bands

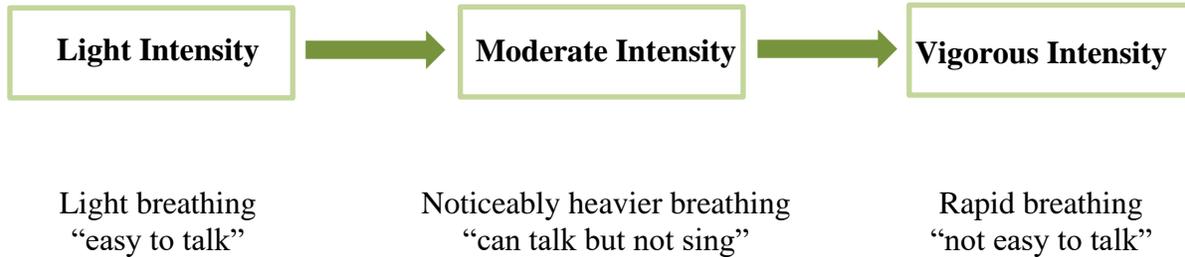
Flexibility Training:

Helps keep you moving!

- Yoga
- Stretching
- Pilates
- Tai Chi

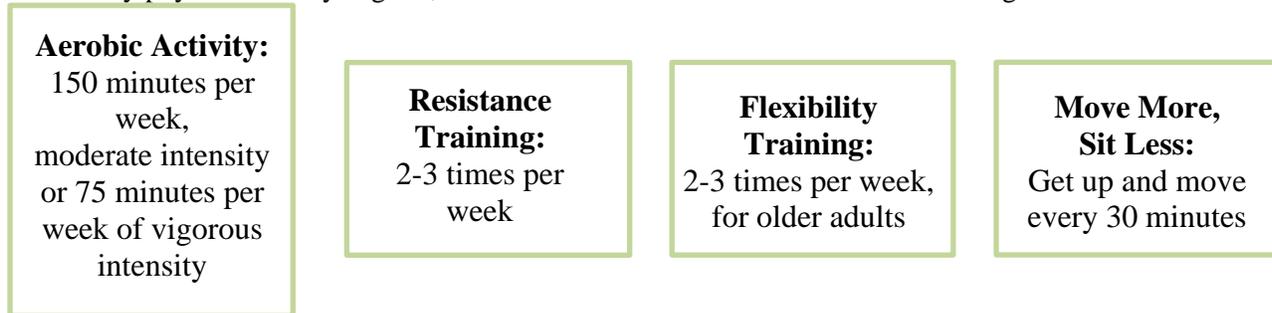
Levels of Physical Activity

The level of intensity from the same exercise will be different for everyone. For example, going for a brisk 30 minute walk may be light intensity for some and vigorous intensity for others. An easy way to know how intense you are exercising is to do the “talk test”. Try talking while you exercise and use the chart below to determine your level of intensity.



Guidelines

While any physical activity is good, adults with diabetes should aim for the following:



Getting Started

There are several things you should think about before beginning a new exercise routine.

Talk with Your Provider

- People with diabetes may also have other health concerns.
- Check with your provider to see if exercise is the right thing for you.

Identify Barriers

- Ask yourself, “What makes it hard for me to exercise?”
- Then ask yourself, “Is there anything that can be done about this?”

Start Slowly

- Remember, doing some physical activity, even a small amount, is better than nothing.
- Start with 5-10 minutes a few times a week and gradually add more.
- Be as active as you can.