

Move your feet to beat DIABETES

Diabetes medications can affect your body differently depending on when and how you take them. It may take a while to figure out which medicines work best with your body.

DIABETES & PHYSICAL FITNESS

Exercise has many health benefits like lowering your cholesterol, improving your blood pressure, lowering stress and anxiety, and improving your mood. Being active can also keep your blood sugar levels closer to normal. This will help keep your diabetes in control.



Here are some healthy tips for being active:

MOTIVATION - Everyone's abilities and schedules are different. Choose the best ways to fit activity into your daily life. It can be walking to work, using stairs or working out at the park.

GOALS - Choose activities that you enjoy. Try to set realistic goals. Your Primary Care Provider can help you with an activity plan that works for you.

EVERY BIT HELPS - Any amount of exercise is good. Your body burns calories when active, even if it's not part of an exercise plan. In time, you will find that you are stronger and able to move even more.

DON'T FORGET TO CHECK - Check your glucose before and after physical activity to learn how your body responds.

WORD DEFINITIONS

Cardio: Exercise that raises your heart rate for a period of time. Examples of cardio exercises are jogging, fast walking and swimming.

Resistance Training: Activities that build muscle and strength.

Flexibility Training: Stretches and other exercises to increase range of motion in joints.

ACTIVITY: PHYSICAL FITNESS CHECKLIST OR EXERCISE PLAN

What is your favorite activity that gets you moving? _____

What stops you from doing it? (Check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Not enough time | <input type="checkbox"/> Not motivated |
| <input type="checkbox"/> Too out of shape | <input type="checkbox"/> Can't afford it |
| <input type="checkbox"/> Too tired | <input type="checkbox"/> My _____ hurts too much |

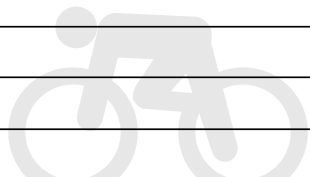
What can you do to get started doing this activity or working up to a regular routine?

TRUE OR FALSE? You are not working out hard enough if you can carry on a conversation.

FALSE. You should be able to talk when doing an activity. If you can't, then your body is working too hard and you need to slow your pace.

ENJOY YOUR ACTIVITIES

Write down some other activities that you enjoy doing. Try to do one each day:



A FEW MORE TIPS

- Work up to doing this activity 5 or more days a week.
- Start with doing the activity for 5 or 10 minutes, and work up to 30 minutes.
- Grab a friend to exercise with
- Take the stairs instead of the elevator
- Take a short walk after work or before lunch



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