

Get Moving and Make a Difference

Why should I exercise?

Exercise or physical activity is one way you can help control diabetes. Diabetes complications can happen by having ongoing high blood sugar levels and by being overweight. Exercise or physical activity can not only improve blood sugar levels, but also help with:

- Weight control
- Improve blood pressure
- Improve Cholesterol (fat level in your blood)

It also helps you:

- Reduce stress and depression
- Look and feel better
- Strengthen muscles and bones

How much exercise do I need?

Adults need 2½ hours a week of physical activity. That is about 30 minutes a day, 5 days a week. If you cannot do 30 minutes at a time, try exercising for 10 minutes at a time, 2-3 times during the day.

Getting Started

- * Check with your doctor before you start a new exercise program.
- * Start slow, wear thick socks and good fitting shoes to prevent blisters and injuries.
- * Remember to wear your medical identification, which can help in an emergency.
- * Remember to take your meter and a sugar source with you in case of a low. And, be prepared to treat any low blood sugar (hypoglycemia) with the **15/15 Rule!**
15 grams of carbohydrates and re-test in 15 minutes.

What kind of exercise should I try?

Choose an activity you like to do. You may not keep up with your goal if you do not like it.

Think about trying:

- Dancing
- Bicycling
- Walking
- Swimming or water exercises
- Sitting exercises
- Asking family or friends to join you