

Move More for Diabetes

Exercise or physical activity is one of the most important things that all people can do for their health. Moving more in any way will help lower blood sugar and blood pressure. Regular physical activity may help you lose weight, improve balance and become more fit and strong.

Benefits of Exercise:

- Lowers blood sugar
- Lowers risk for heart disease
- Lowers risk for early death
- Lowers high blood pressure
- Helps blood circulation
- Improves blood fat and cholesterol levels
- Helps your body use insulin better
- Strengthens muscle
- Reduces bone loss
- Increases energy level
- Improves sleep
- Reduces stress
- Reduces depression and anxiety

Moving More

Becoming more physically active doesn't mean you have to run a marathon, rather that you move a little more everyday. Some people are afraid of starting an exercise program. Some feel self-conscious or embarrassed about their bodies. Some worry that they'll fall or look foolish. The truth is you can become more active at any age and in many different ways. It isn't a one-size-fits all approach. Finding your own way is important.

Ask Yourself These Questions

1. Do you exercise or do some kind of physical activity?
2. How many times a week do you exercise?
3. Would like to figure out how to be more active?
4. Does anything about diabetes make it hard for you to exercise?
5. What are the things that keep you from moving more?
6. What are some things that you might enjoy?
7. Could you exercise with a friend or family member?

Getting Started

- Make a plan...make it simple and realistic (maybe a 15 minute walk 3 times a week to start).
- Wear comfortable clothes and sneakers or shoes (no flip-flops or sandals!)
- Start slowly...go at a pace where you can walk and talk at the same time.
- Check your blood sugar...exercise usually helps lower blood sugar. It is always a good idea to carry some glucose tablets or other source of quick acting carbohydrate in case you experience low blood sugar.

Practical and fun ways to get moving- check off some you could try!

- Walk the dog or walk the children to school
- Mow the lawn with a push mower
- Leave the golf cart at the club
- Bring the shopping cart back to the front door of the store
- Dance around the house to some favorite music
- Climb the stairs a few extra times
- Walk, don't drive-up to the bank
- March in place
- Go bowling
- Play with the kids
- Look for a strength training class
- Explore a new physical activity- strength training, yoga or tai chi
- Get up and change the station...don't use the remote
- Walk or march around the room during commercials
- Ask a friend, neighbor or co-worker if they'd like to join you
- Start a walking group in your neighborhood
- Walk at the mall or in the hallway if you are in an apartment
- Wear a pedometer
- Weed the garden

Becoming more physically active isn't just about weight loss and measuring success on the bathroom scale. It's about fitness, reducing health risks and controlling blood sugar and blood pressure. Can you get started today?

I will _____

I will _____

I will _____

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