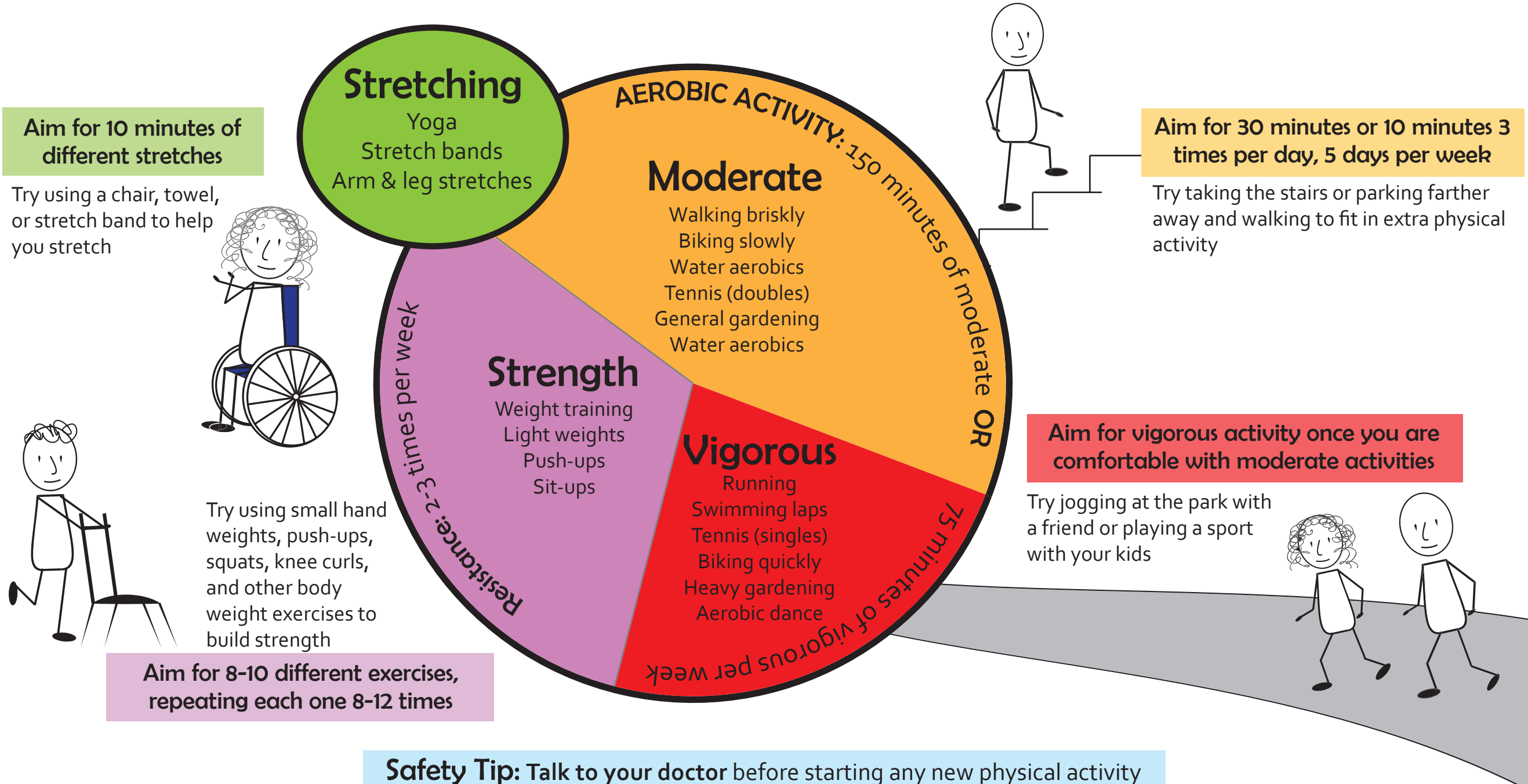


Being Active with Diabetes

An active lifestyle is easy and affordable



Being Active with Diabetes

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According to the Centers for Disease Control and Prevention, physical activity provides health benefits for everyone. It can help your body become stronger, increase endurance and flexibility, assist with weight control, help you sleep better, decrease pain, improve mental health, and improve balance and coordination.

Precautions

- Talk to your doctor before starting any new physical activity
- Check blood sugar before and after being active to ensure it isn't too high
- Wear sturdy shoes and check feet often
- Drink water before, during, and after exercise
- Have carbohydrate snacks (dried fruit, juice, etc.) available during and after exercise
- Carry an ID or phone

Getting Started

- Find activities you enjoy
- Be active with a friend
- Set a goal
- Follow FIT principles
 - Frequency
 - Start with 1-2 days/week
 - Build up to 5-7 days/week
 - Intensity
 - Start with simple activities (stretching, walking, etc.)
 - Build up to a moderate level
 - Start with a short amount of time
 - Build up to 150 minutes/week
 - Type
 - Vary the type of activity
 - Fit in strengthening, flexibility, and endurance activities

Fitting It In

- Break activities into 10 minute segments
- Get up and move throughout the day
- Everyday activities count
 - Walk to the mailbox
 - Take the stairs
 - Park a little further away
- Start new habits
 - Take a walk every evening
 - Stretch while watching TV
 - Plan an active family activity each week

Affordability

- Contact the gym/medical insurance to find out about free gym memberships
- Walk or jog at the park or mall
- Work in the yard
- Play games with your kids, like soccer or tag
- Use your body (instead of stretch bands or weights)
 - Wall push-ups
 - Toe and chair stands
 - Knee curls
 - See how at <https://go4life.nia.nih.gov>

Benefits

- Lowers A1C and blood pressure
- Assists with weight control
- Improves mood
- Lowers stress and anxiety
- Boosts energy
- Improves heart, cardiovascular system, and muscle strength
- Increases flexibility and improves balance

Resources: <https://go4life.nia.nih.gov>; <https://health.gov/paguidelines/guidelines/chapter4.aspx>

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