

Be Active for a Healthier You

Daily physical activity is an important part of successful diabetes management. Studies show that patients with diabetes who take part in regular physical activity are able to lose weight, have more energy, and are better able to achieve their diabetes management goals.¹

Let's get started!

- Visit your healthcare provider to determine your fitness level and develop your exercise regimen.
- Make a plan for what kind of activity you can do and where it fits into your **Daily Schedule**. Options include a brisk walk, dancing, swimming, riding a bicycle, and playing basketball. Set a time each day for your chosen activity or break up the activity into several sessions throughout the day.
- Check your glucose levels before and after exercise. Write them down in your **Blood Sugar Diary** so you can share them with your healthcare provider at **Your Next Appointment**.
- Set daily goals for physical activity. Try to be active throughout the day and incorporate a mix of aerobic exercise and strength training into your weekly workout regimen.
- Set yourself up for success. Find activities that you like to do. Ask a friend or family member to exercise with you.
- Be flexible with your plan. Find other ways to be active when it's raining or snowing outside. Look for new ways to be active in your regular daily schedule.
- Don't be too hard on yourself. If you find that you are not able to include an activity in your schedule, just pick up where you left off the next day.
- Reward yourself. Treat yourself when you reach your goal for the week and the month or for just trying something new for the first time.

Tips to get and stay active

Even experts admit it can be challenging to incorporate activity into your daily routine. Here are some simple ideas for staying active²:

- Park your car farther from the store and walk
- Take the stairs instead of the elevator
- Do yard work or housework
- Walk around when you're on the phone
- Play catch with your kids or grandkids

Check out more tips and ideas for physical activity at [The Diabetes Experience](#).

[The American Diabetes Association](#) also has recommendations on types of activities and how to get started.

Always talk to your health care provider before you start a new physical activity program. Ask if you need to change any medicines or foods before exercising. If you are taking insulin, be sure to check your blood sugar before starting any exercise.

References

1. Boulé NG, Haddad E, Kenny GP, Wells GA, Sigal RJ. Effects of exercise on glycemic control and body mass in type 2 diabetes mellitus. *JAMA*. 2001;286(10):1218-1227.
2. American Diabetes Association. *What can I eat? – Be More Active*. Alexandria, VA: American Diabetes Association; March 2015.