

# LET'S GET MOVING

## DIABETES AND EXERCISE

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Being active is good for almost everyone – including people with diabetes.

Active people often:

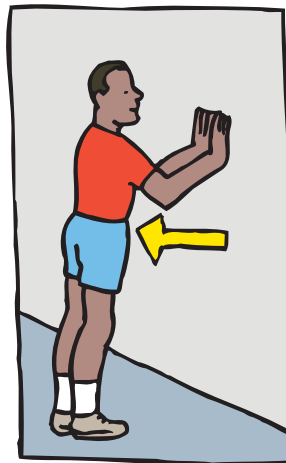
- have more energy
- have better blood sugar control
- have less stress
- look and feel better

### The First Step:

Always talk to your doctor before you start to exercise. Pick 1 or more ways to be active that you like. You can be active inside, outside, or both!



### Some Inside Exercises

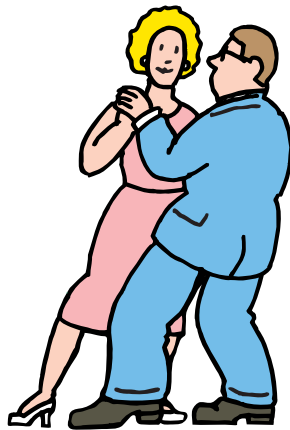


Stretching  
Floor or leg exercises

### Some Outside Exercises



Fast walking  
Gardening



Dancing  
Light jogging in place



Bike riding  
Team sports

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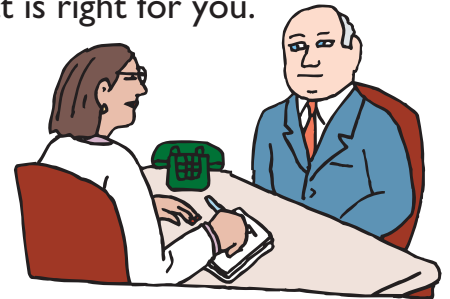
### Your Goal:

Exercise at least 30 minutes a day to keep your current weight. Forty-five to 60 minutes of daily exercise may help you lose weight.



Keep a record of when you are active, what you do, and how long you do it. Set a goal that you can reach. Reward yourself when you reach your goal. Then set a new goal!

Your doctor or diabetes educator will help you choose an exercise plan that is right for you.

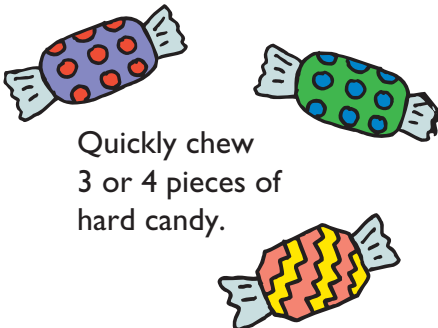


### Tips on Getting Started

- Start SLOW: Warm up a few minutes before and after you are active.
- Find a friend to be active with. It will help you stick with it.
- Wear comfortable shoes and clothes – and carry ID showing you have diabetes.
- Check your feet before and after exercise.
- Try to exercise 1 to 3 hours after a meal (when your blood sugar is high)



High-Sugar Snack (Peppermints)



Quickly chew 3 or 4 pieces of hard candy.

- Check your blood sugar before and after you are active – especially if you have type 1 diabetes.
- Low blood sugar can be a problem when you exercise. Always have a high-sugar snack handy.

