



# Diabetes and Physical Activity

An active lifestyle means a healthier you.



## Why is physical activity so important?

Physical activity is important for everyone, but it's especially helpful for keeping diabetes under control. Research has shown that physical activity can

- Lower blood sugar and blood pressure
- Lower "bad" cholesterol and raise "good" cholesterol
- Help your body use insulin better
- Lower your risk of diabetes-related heart disease and stroke
- Help you lose weight
- Reduce stress
- Give you more energy
- Help you feel better overall

## Start by finding ways to move your body more

The more active you are, the more calories you will burn. How can you be more active every day? Lifestyle activities do not have to be planned. Just find more ways to move your body.

- Take 2- to 3-minute walking breaks at work a few times a day
- Park at the far end of the parking lot
- Walk around while you talk on the phone
- Take the stairs instead of the elevator
- Work in the garden
- Take the dog for a walk
- Play with your children or grandchildren
- Walk to your coworker's office rather than use the phone or e-mail
- During your lunch break, walk to the post office or do other errands

**Go to [JourneyForControl.com](http://JourneyForControl.com) for more ideas on keeping fit.**

## How do I continue to be active?

Getting started is a great step in the right direction! To keep up your activity, try these suggestions:

### Keep it fun

Make a list of physical activities that you like to do, either alone or with others. If you enjoy what you're doing, you're more likely to do it more often.

### List 3 activities you enjoy:

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## Find an exercise buddy

You may be more likely to do something active if a friend joins you. It may be more fun, and your buddy can cheer you on and help you stick with it.

## Keep track of your physical activity

Write down when you exercise and for how long. When you look back at where you started, you may be pleasantly surprised at your progress!

## Reward yourself

Do something nice for yourself when you reach your activity goals. For example, treat yourself to a movie or new walking shoes.





## Balancing the amount you eat with the amount of time you're active

Many people eat more calories than they need daily. A good way to burn off extra calories and prevent weight gain is to be more active each day. To lose weight, it's important to reduce calories and increase physical activity. Remember, there are many ways to increase your activity. You may be surprised at the calories you can burn when doing what you enjoy!

### First check with your doctor

Talk with your doctor about the best ways to increase your activity. Ask about your medications and whether you should change the amount you take before you exercise. Ask which types of physical activity are safe for you.

### Build up to 30 minutes

Any physical activity is better than none, so start where you can and gradually increase the amount. Thirty minutes of moderate physical activity on most days of the week is recommended. Don't worry if that sounds like a lot! It doesn't have to be done all at once. Try three 10-minute slots at first.

Activity	Approximate Calories Burned in 30 Minutes		
	150-lb person	190-lb person	230-lb person
Grocery shopping	122	154	186
Gardening	162	205	248
Raking the lawn	171	217	262
Washing the car	153	194	235
Vacuuming	85	107	130
Washing windows	153	194	235
Walking briskly	198	251	304
Golfing (carrying clubs)	131	165	200
Playing tennis (doubles)	171	217	262
Biking on a flat road	221	279	338
Playing basketball (½ court)	203	256	311

### Sample Exercise Journal

Date	Activity	Total Time	How I Felt

