



Staying active is easy!

Physical activity or exercise is anything that gets you moving. It includes things like:

- Walking
- Dancing
- Swimming
- Any activity you enjoy in which you break a light sweat

There are many good reasons for people with diabetes to stay active. Daily exercise can help your body get stronger and help you sleep and feel better. It can also help lower your blood pressure, blood sugar and cholesterol. These changes are heart healthy. Losing weight may also help lower the amount of insulin or diabetes pills you need to take.

Talk to your doctor

Talk to your health care team about which activities will be safe for you. Your doctor should weigh in before you begin any type of activity.

What's stopping you?

Most people have at least one reason why they're not more active. Perhaps you've never been very active. Maybe you're afraid your blood sugar will drop. Think about what's keeping you from being active. Then ask yourself what it would take to overcome it.

When you think you can't...	New ideas to show you how you can
I don't have time to exercise for 30 minutes a day.	Do as much as you can. Every step counts. If you are just starting out, begin with 10 minutes a day and add more little by little. Work up to 10 minutes at a time three times a day.
I'm too tired after work.	Plan to do something active before work or during the day.
I don't have the right clothes.	Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin.
I'm too shy to exercise in a group.	Choose something you can do on your own, such as following along with an aerobics class on TV or going for a walk.



When you think you can't...	New ideas to show you how you can
I don't want to have sore muscles.	Exercise shouldn't hurt if you go slowly at first. Choose something you can do without getting sore. Learn how to warm up and stretch before you start. Take time to cool down afterward.
I'm afraid I'll get low blood sugar.	If you are taking a medication that could cause low blood sugar, talk to your doctor about ways to exercise safely.
Walking hurts my knees.	Try chair exercises or swimming.
It's too hot outside.	If it's too hot, too cold or too humid, walk inside a shopping center.
It's not safe to walk in my neighborhood.	Find an indoor activity, such as an exercise class at a community center.
I'm afraid I'll make my condition worse.	Get a checkup before planning your fitness routine. Learn what's safe for you to do.
I can't afford to join a fitness center or buy equipment.	Do something that doesn't require fancy equipment, such as walking or using cans of food for weight.
Exercise is boring.	Find something you enjoy doing. Try different activities on different days.

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