

Physical Activity Guidelines

Studies show people who get regular physical activity (30-60 minutes nearly every day) have better blood sugar control and fewer complications. But that might be asking a lot to start – so begin slowly, being active a few minutes a day. ***Be sure to get your physician's okay before starting any new exercise program!***

Being active with diabetes helps:

- control blood sugar levels
- improve blood pressure
- lower blood cholesterol
- improve your mood
- lose weight

The best activities are those that raise your heart rate, like:

- walking
- biking
- treadmill
- swimming
- dancing

Any activity that is enjoyable, keeps you active, and gets you moving will help, such as:

- golfing
- gardening
- shopping
- bowling

Work out SAFELY!

- Check blood sugar before exercising – if below 100, eat a small, carb-containing snack first (4-5 crackers, 1 cup milk, or a piece of fruit). Carry fast-acting sugar (3 glucose tablets or 6-7 Lifesavers) in case you go low while working out.
- If your blood sugar is above 300, exercise may not be a good idea. When blood sugar is in poor control, exercise can actually make numbers go higher! Talk to your doctor before beginning an exercise program.
- Be sure to stretch and start out slowly to warm up. Then slow down to cool off before you stop.
- Carry both your personal ID and medical identification.
- Drink plenty of water before, during, and after exercise.