

Physical activity may help manage your diabetes

Exercise is an important part of taking care of your diabetes. Being more active each day may help you better manage your diabetes. It may help you

- Burn calories that may help you lose or maintain your weight
- Better manage your blood sugar levels
- Lower the chance that you will get heart disease
- Feel better overall

Getting active can be simple and fun

An activity as simple as walking for 30 to 45 minutes, most days of the week, may help. Start slowly.

Here are some ideas to get you moving:

- Walk with a friend. Time can pass quickly as you talk. You may be less likely to skip your walk if you know that someone is counting on you.



- Clean your house. Dusting, vacuuming, scrubbing floors, and washing windows will help you burn calories.
- Mow the lawn. If you can, use a push mower to burn calories as you groom your yard.
- Try a grocery relay. Carry grocery bags into the house one at a time.
- Enjoy playtime. Take your kids or grandkids to the playground and join the fun.
- Take the stairs. Go up and down the stairs instead of taking the elevator or escalator.
- Swim and splash. Take a water aerobics class or swim laps.

DIABETES

Daily activity checklist

Keep track of your activity, whatever level you are working toward. Use a notebook, calendar, spreadsheet, cell phone, or on-line activity tracker to log your progress.

TIP

Always talk to your health care provider before starting or changing a physical activity plan.



Activity	Minutes Spent	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Mowed lawn								
Raked lawn								
Walked								
Put away groceries								
Vacuumed								
Golfed								
Played ball with kids or grandkids								