WALKING WORKS
EVERY STEP COUNTS

Being active is one of the best ways to help control your blood sugar if you have diabetes. One of the easiest and safest ways to be active is to walk whenever you can.

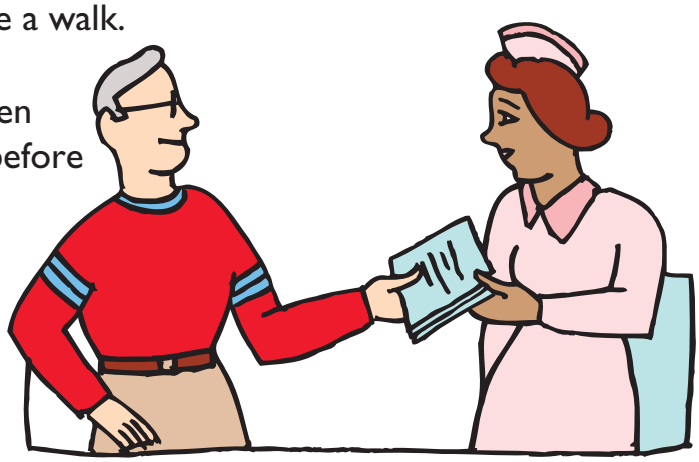
Walking 30 minutes or more a day is a good goal for most people. But for many of us, it can be hard to find the time to walk. Don't give up! Even a short walk can be good for you.

Here are some simple, safe ways to walk that almost anyone, any age, can do:

- Take the stairs, not the elevator
- Make your coffee break a walking break instead
- Walk back and forth when you are on the phone

- Park your car a few blocks from where you are going and walk
- Get off the bus or train before your usual stop and walk
- Anytime you have to wait more than 10 minutes, take a walk.

Wear comfortable shoes and socks when you walk. And always check your feet before and after you walk for any problem.*



Bring a record or diary of how often you walk, the times you walk, and how many minutes you walk, to your diabetes-care visits.

Your doctor or diabetes educator will help you start a walking program that is right for you. Walking can help you control your blood sugar, stay healthy, and enjoy life. Remember, every steps counts! So, LET'S GO WALKING.

* Call your doctor or health clinic right way if you have a bruise, sore or any other problem with your feet. Don't wait.

CLINICA
family health
303.650.4460 www.clinica.org

Provided by Clinica Family Health.
© 2008 Learning About Diabetes, Inc.
All rights reserved. Rev. 2015