LET'S GET MOVING
DIABETES AND EXERCISE

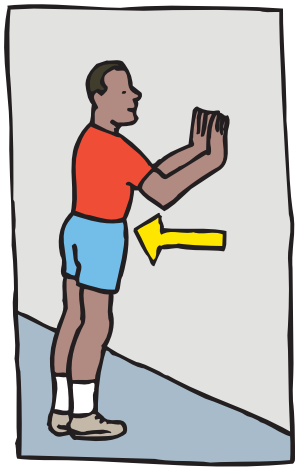
Being active is good for almost everyone – including people with diabetes.

Active people often:

- have more energy
- have better blood sugar control
- have less stress
- look and feel better

The First Step:
Always talk to your doctor before you start to exercise. Pick 1 or more ways to be active that you like. You can be active inside, outside, or both!

Some Inside Exercises



Stretching
Floor or leg exercises

Some Outside Exercises

Fast walking
Gardening

Dancing
Light jogging in place

Bike riding
Team sports

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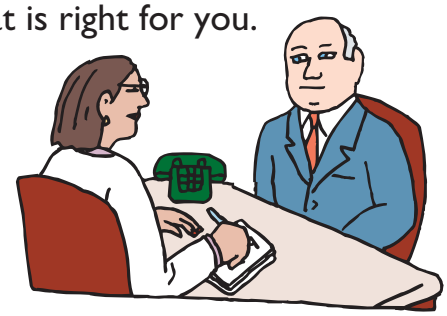
Your Goal:

Exercise at least 30 minutes a day to keep your current weight. Forty-five to 60 minutes of daily exercise may help you lose weight.

Keep a record of when you are active, what you do, and how long you do it. Set a goal that you can reach. Reward yourself when you reach your goal. Then set a new goal!

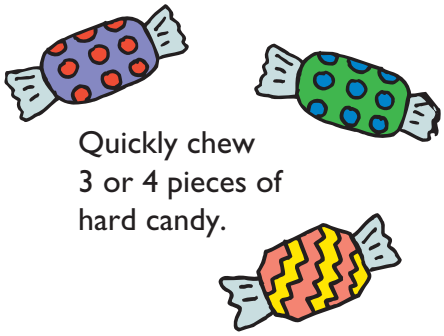
Your doctor or diabetes educator will help you choose an exercise plan that is right for you.



Tips on Getting Started

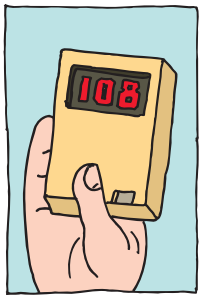
- Start SLOW: Warm up a few minutes before and after you are active.
- Find a friend to be active with. It will help you stick with it.
- Wear comfortable shoes and clothes – and carry ID showing you have diabetes.
- Check your feet before and after exercise.
- Try to exercise 1 to 3 hours after a meal (when your blood sugar is high)

High-Sugar Snack (Peppermints)



Quickly chew 3 or 4 pieces of hard candy.

- Check your blood sugar before and after you are active – especially if you have type 1 diabetes.
- Low blood sugar can be a problem when you exercise. Always have a high-sugar snack handy.



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