



# Exercise Guide

## Sneak in More Activity

Did you know being active gives you energy, relieves stress, sharpens the mind and burns calories? When you have diabetes, there are even more perks like improving the way your body uses insulin to keep blood glucose in better control.

Don't worry—you don't need to sign up for boot camp to get healthy! If you're just beginning, start out with a five-minute walk. Even small bursts of activity can improve your health, so try breaking it down to 10-minute sessions, two or three times a day. Remember, moving more is a do-it-yourself adventure so find what works best for you.



## Move More without Fancy Memberships or Expensive Equipment

### At home

- Keep a pair of dumbbells or soup cans by the couch to lift
- Carry groceries in one bag at a time
- Mow the lawn with a push mower
- Dance with your children or grandchildren

### On the go

- Park at the outer edge of parking lots
- Pace back and forth while you wait for appointments
- Walk-in instead of driving-thru
- Get off the elevator one stop early and take the stairs

### In the office

- Walk to ask your coworker a question instead of emailing
- Bring a resistance band to work and exercise during breaks
- Use the restroom and water cooler farthest away
- Ask a coworker to walk during lunch

## My Activity Checklist

- ✓ Talk to your diabetes team about the best time to be active and what activities work for you
- ✓ Carry fast-acting carbs like 3-4 glucose tablets or 5 Life Savers<sup>®</sup> to treat sneaky lows (hypoglycemia)
- ✓ Wear a medical alert bracelet—[www.laurenshope.com](http://www.laurenshope.com) and [www.coolmedid.com](http://www.coolmedid.com) have fun choices
- ✓ Wear breathable socks and comfortable shoes
- ✓ Stay hydrated with water



**To reduce diabetes risks, be active for 30 minutes, 5 days a week.**

**If you want to lose weight then aim for 30-60 minutes, five days a week.**