

Diabetes and a More Active Lifestyle

It is healthy to make your heart work through moving and activity. People with diabetes who are more active and eat right can have healthy blood sugar levels. Activity can also help to keep your heart healthy. It also gives you more energy and reduces stress.

Make your activities fun! Involve your friends and family. Some ideas to bring more physical activity into your life are:

- Family sports games, including kicking a ball around
- Taking a walk on a trail or park or in your neighborhood
- Walking to the store instead of driving
- Dancing to your favorite music
- Visiting a community center and finding out about low-cost exercise programs
- Taking the stairs instead of the elevator



To be safe

- Always carry identification and a list of your medicines
- Drink lots of water, especially when it is hot
- Wear good shoes and socks
- Stretch before and after
- Bring a juice or snack with you in case your sugar gets too low



Remember to check your blood sugar before and after increased activity. If your sugar is low, eat a small snack before starting. During your activity period, if you feel weak, hungry, dizzy or have trouble seeing, stop and check your blood sugar. If it is low, have a snack. After your activity, continue to check your blood sugar if you feel weak.

Before you begin

- Discuss your plans with your healthcare provider
- Set realistic goals, such as walking around the block three times a week; as you accomplish a little goal, set another one
- Think about what you need to accomplish these goals, including clothes or equipment, or a friend to do them with
- Check with your healthcare provider to make sure your heart is functioning well before starting

A more active lifestyle can be a fun and easy way to keep healthy!