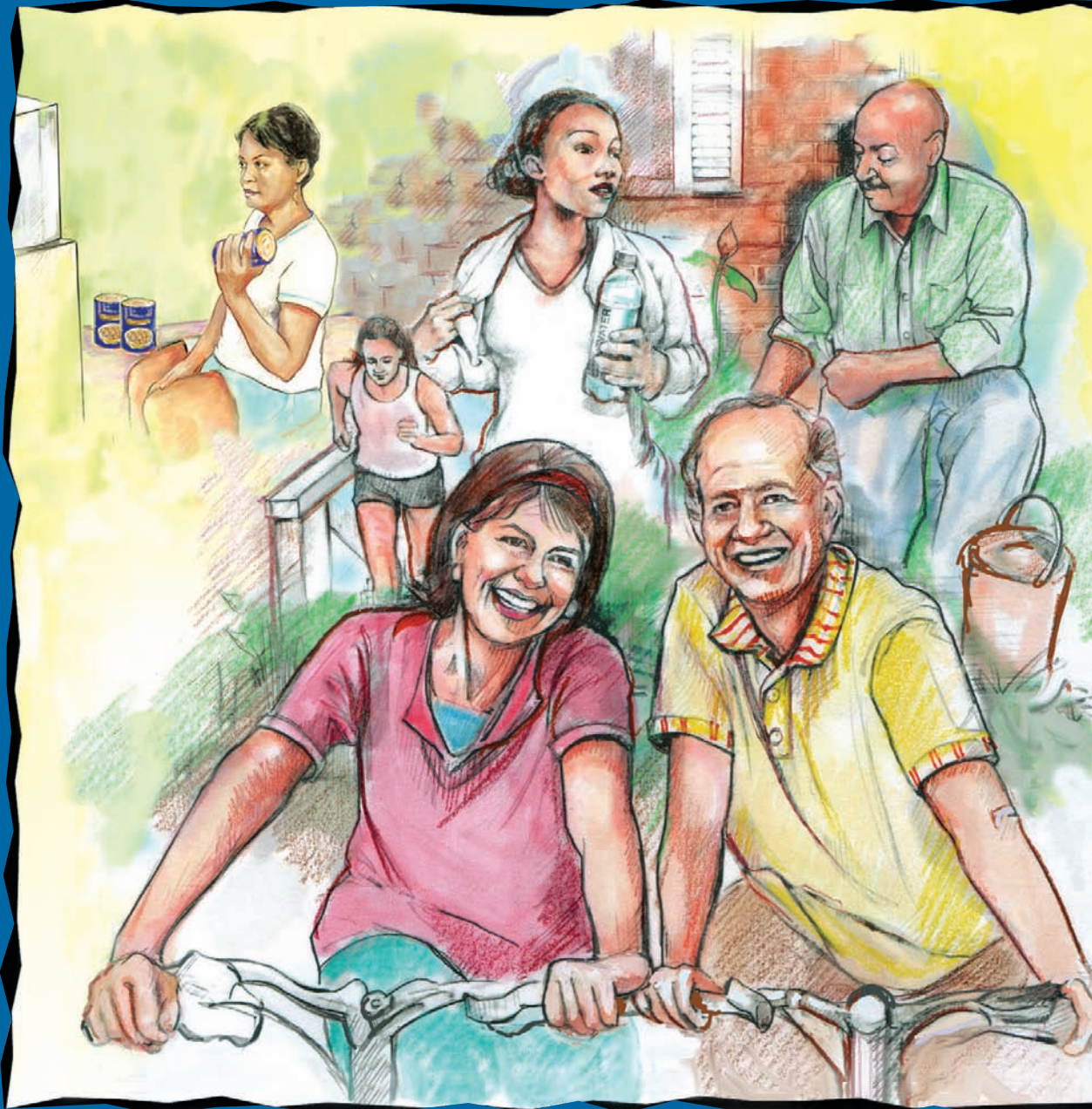


# Be Active

## When You Have Diabetes



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of Health and  
Human Services

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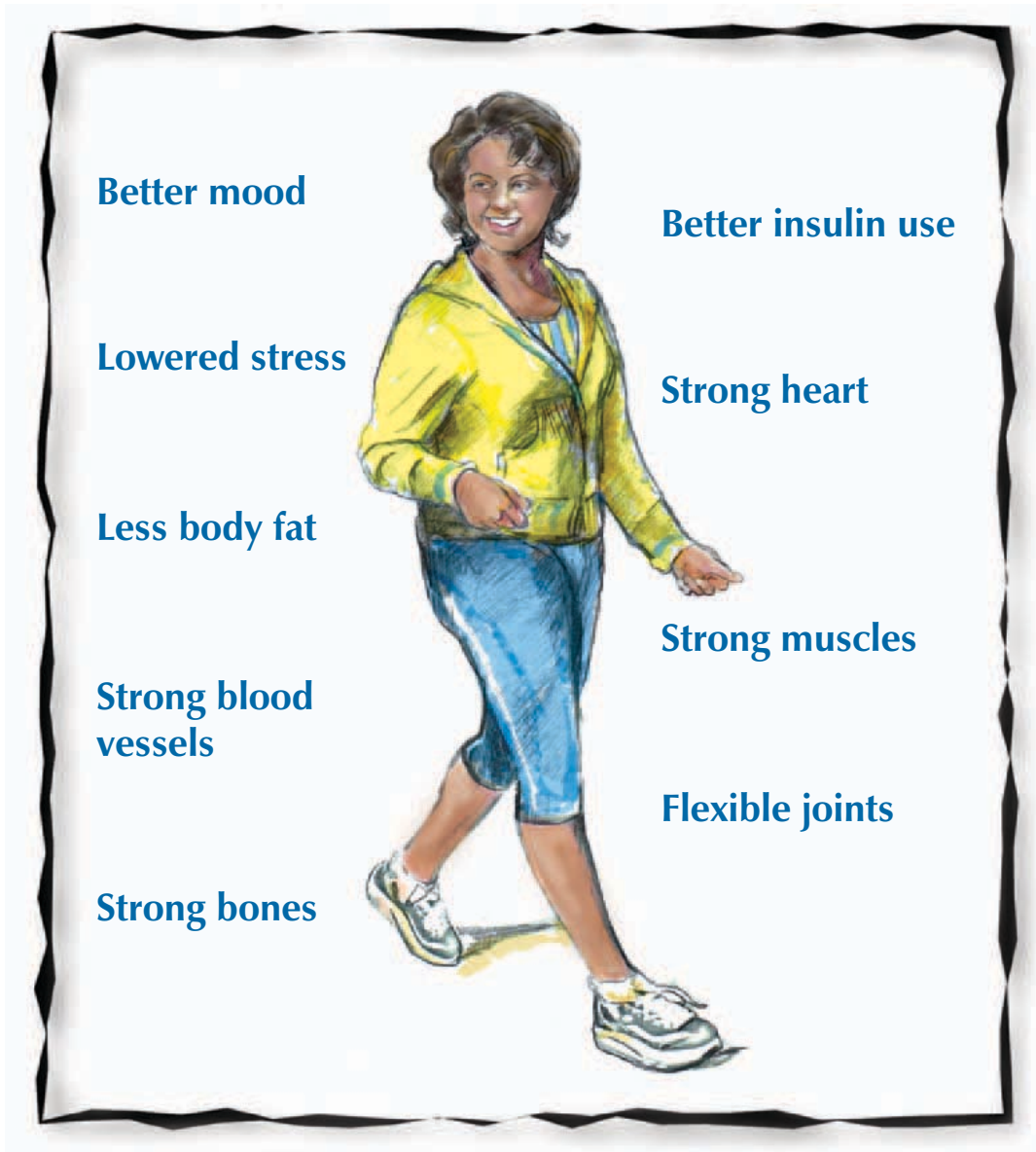
NATIONAL INSTITUTE OF  
DIABETES AND DIGESTIVE  
AND KIDNEY DISEASES

National Diabetes Information Clearinghouse





**Being active can help you take care of your diabetes.**



**Better mood**

**Better insulin use**

**Lowered stress**

**Strong heart**

**Less body fat**

**Strong muscles**

**Strong blood vessels**

**Flexible joints**

**Strong bones**

**Regular physical activity helps your body and mind.**





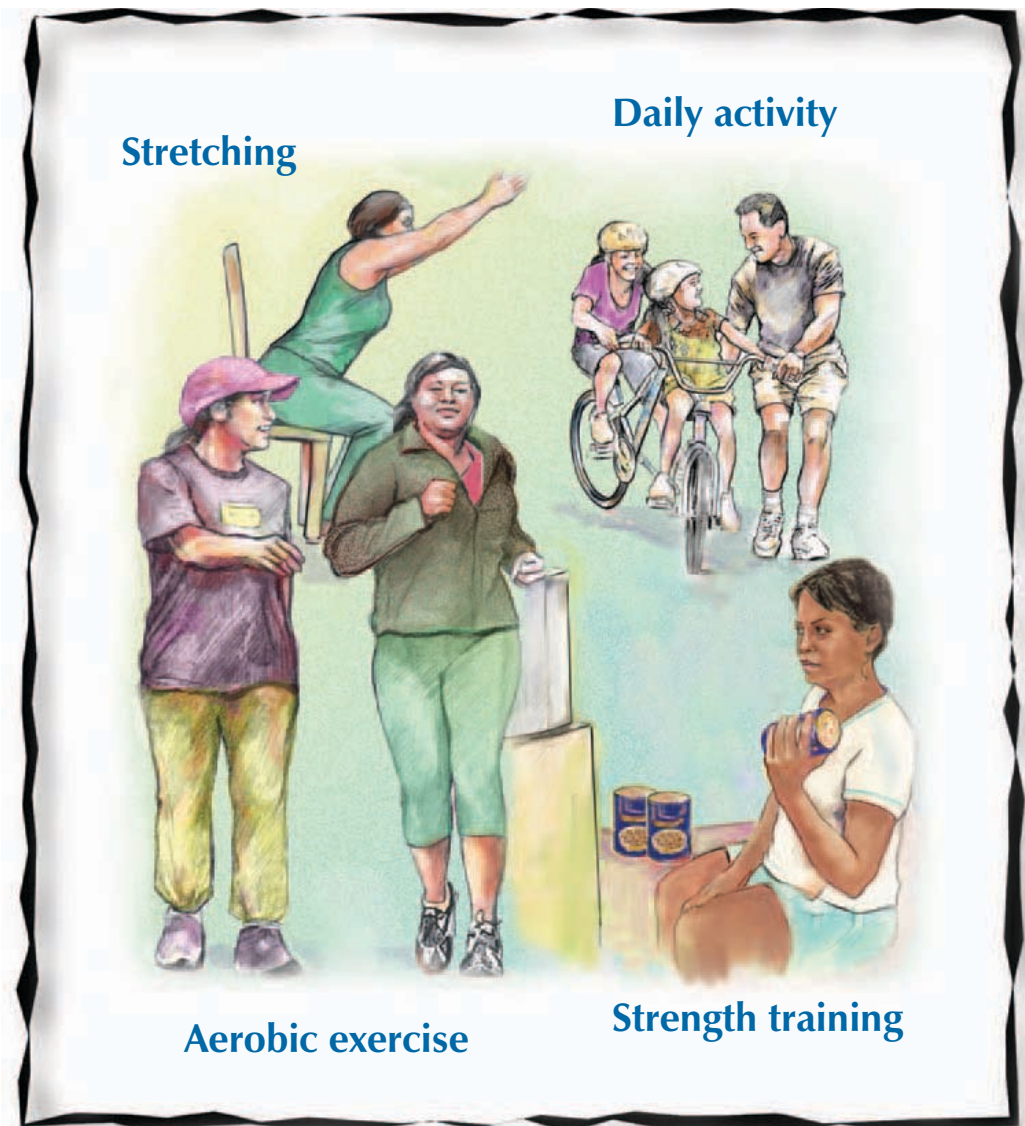
**Physical activity can help you lower your chance of having diabetes problems.**



**Talk with your health care team before you start to exercise.**

**Learn what kinds of physical activity are best for you.**

**Learn how to plan meals around your physical activity.**



Stretching

Daily activity

Aerobic exercise

Strength training

Four kinds of physical activity are important.



## Daily Activity



**Be extra active every day.**





**Take the stairs.**



**Work in the garden.**

**Ways I can be more active:**

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# Aerobic Exercise



Do some aerobic exercise almost every day.





**Take a brisk walk. Start with 10 minutes.  
Work your way up to 30 minutes a day.**





**Dance.**

**Some kinds of aerobic exercise I might enjoy:**

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# Strength Training



**Keep your muscles strong with strength training.**

**Do strength training three times a week.**



**You can do strength training at home, at a fitness center, or in a class.**

**Types of strength training I might like:**

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# Stretching



Stretch to feel better.





**Everyone can stretch.**

**Types of stretching I can do each day:**

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# Remember: Being active can help you take care of your diabetes!

## Regular physical activity can

- help you with your blood sugar, blood pressure, and cholesterol levels
- lower your chance of having diabetes problems

## Four kinds of physical activity are important:

- Daily activity
- Aerobic exercise
- Strength training
- Stretching



## Get started!

- ✓ Talk with your health care team.



- ✓ Make a plan.



- ✓ Find an exercise buddy.



## What to Ask Your Health Care Team

### Should I change my medicine or my meals?

When should I take my prescription medicine?

How much should I take before I exercise?

When should I take my over-the-counter medicine?

Should I eat before I exercise? Or after?

What should I do if I have low blood sugar when I exercise?

### Which activities are safe for me?

Daily activities:

Aerobic exercise:

Strength training:

Stretching:



# My Physical Activity Plan (sample starter plan)

My daily activities	
Every day I will:	<i>play catch with the dog walk up the stairs at work park at the far end of the parking lot</i>
My aerobic exercise	
Most days I will:	<i>walk around my block</i>
When:	<i>Tuesday through Sunday, after dinner</i>
For how long:	<i>10 minutes</i>
My buddy:	<i>my daughter</i>
Backup plan:	<i>walk at the mall if it rains</i>
My strength training	
Three times a week I will:	<i>lift hand weights</i>
When:	<i>T-TH-Sat, 8 a.m.</i>
How many times:	<i>15</i>
My daily stretches	
Every day I will:	<i>do chair yoga</i>
When:	<i>before bed</i>
For how long:	<i>10 minutes</i>

# My Physical Activity Plan

<b>My daily activities</b>
Every day I will:
<b>My aerobic exercise</b>
Most days I will:
When:
For how long:
My buddy:
Backup plan:
<b>My strength training</b>
Three times a week I will:
When:
How many times:
<b>My daily stretches</b>
Every day I will:
When:
For how long:

**For more information, call to get these free booklets, or read them online.**

- ***Active at Any Size***  
[www.niddk.nih.gov/health/nutrit/activeatanysize/active.html](http://www.niddk.nih.gov/health/nutrit/activeatanysize/active.html)
- ***Walking: A Step in the Right Direction***  
[www.niddk.nih.gov/health/nutrit/walking/walkingbro/walking.htm](http://www.niddk.nih.gov/health/nutrit/walking/walkingbro/walking.htm)
- ***Physical Activity and Weight Control***  
[www.niddk.nih.gov/health/nutrit/pubs/physact.htm](http://www.niddk.nih.gov/health/nutrit/pubs/physact.htm)

You can order these free booklets from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Weight-control Information Network.

Toll-free: 1-877-946-4627

Another free booklet with this information and more details is

- ***What I need to know about Physical Activity and Diabetes***  
*[www.diabetes.niddk.nih.gov/dm/pubs/physical\\_ez](http://www.diabetes.niddk.nih.gov/dm/pubs/physical_ez)*

You can order this booklet from the NIDDK.  
Toll-free: 1-800-860-8747

More free resources about diet and physical activity for people with diabetes include

- ***Tips for Teens with Diabetes: Be Active!***  
*[www.ndep.nih.gov/publications/PublicationDetail.aspx?Pubid=99](http://www.ndep.nih.gov/publications/PublicationDetail.aspx?Pubid=99)*

You can order this tip sheet from the National Diabetes Education Program.  
Toll-free: 1-888-693-NDEP (1-888-693-6337)



- ***Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging***  
*[www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide](http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide)*

You can order this booklet from The National Institute on Aging.

Toll-free: 1-800-222-2225



## National Diabetes Information Clearinghouse

1 Information Way  
Bethesda, MD 20892-3560  
Phone: 1-800-860-8747  
TTY: 1-866-569-1162  
Fax: 703-738-4929  
Email: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)  
Internet: [www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

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NIH Publication No. 12-7563  
August 2012



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