

Be Active

When You Have Diabetes



A Guide for Instructors



U.S. Department
of Health and
Human Services

NATIONAL INSTITUTES OF HEALTH
NIH... *Turning Discovery Into Health*[®]



NATIONAL INSTITUTE OF
DIABETES AND DIGESTIVE
AND KIDNEY DISEASES

National Diabetes Information Clearinghouse

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The National Diabetes Information Clearinghouse (NDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services. Established in 1978, the Clearinghouse provides information about diabetes to people with diabetes and to their families, health care professionals, and the public. The NDIC answers inquiries, develops and distributes publications, and works closely with professional and patient organizations and Government agencies to coordinate resources about diabetes.

Publications produced by the Clearinghouse are carefully reviewed by both NIDDK scientists and outside experts.

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This publication is available at www.diabetes.niddk.nih.gov.

This publication may contain information about medications. When prepared, this publication included the most current information available. For updates or for questions about any medications, contact the U.S. Food and Drug Administration toll-free at 1-888-INFO-FDA (1-888-463-6332) or visit www.fda.gov. Consult your health care provider for more information.

Being active can help you take care of your diabetes.



Regular physical activity helps your body and mind.



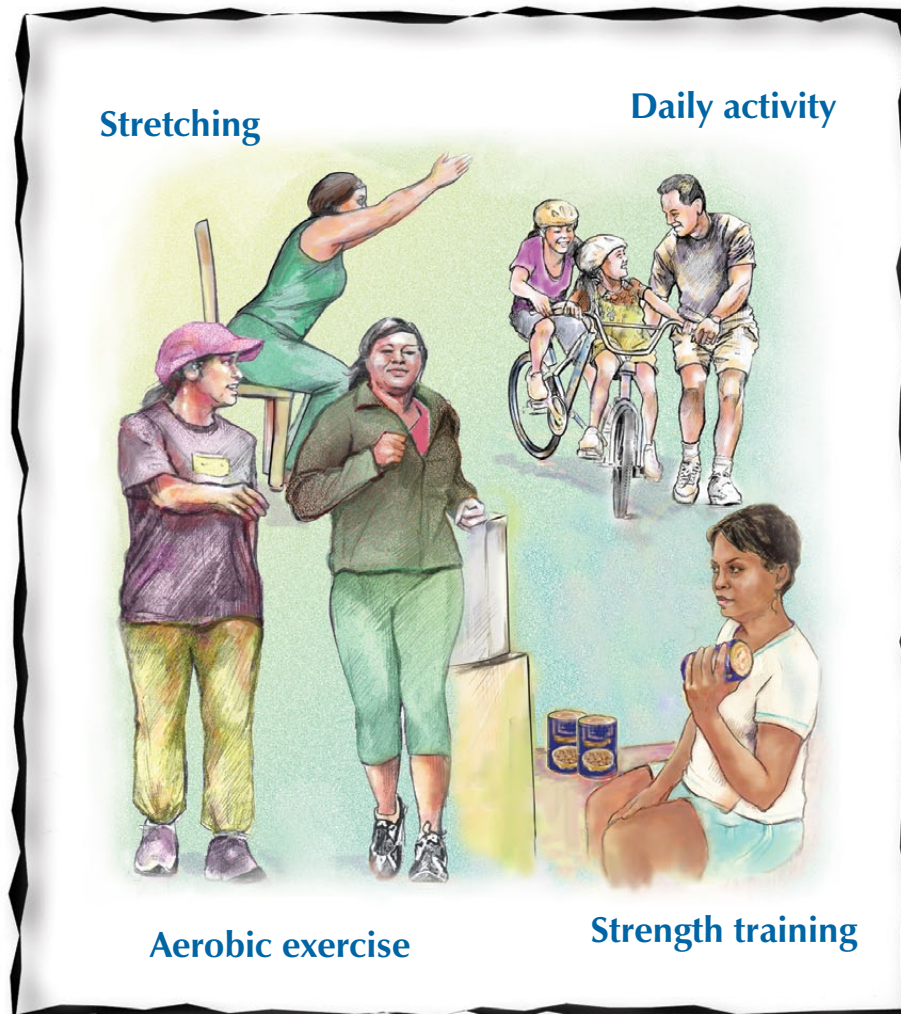
Physical activity can help you lower your chance of having diabetes problems.



**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.**



Four kinds of physical activity are important.



Daily Activity

Be extra active every day.



Take the stairs.

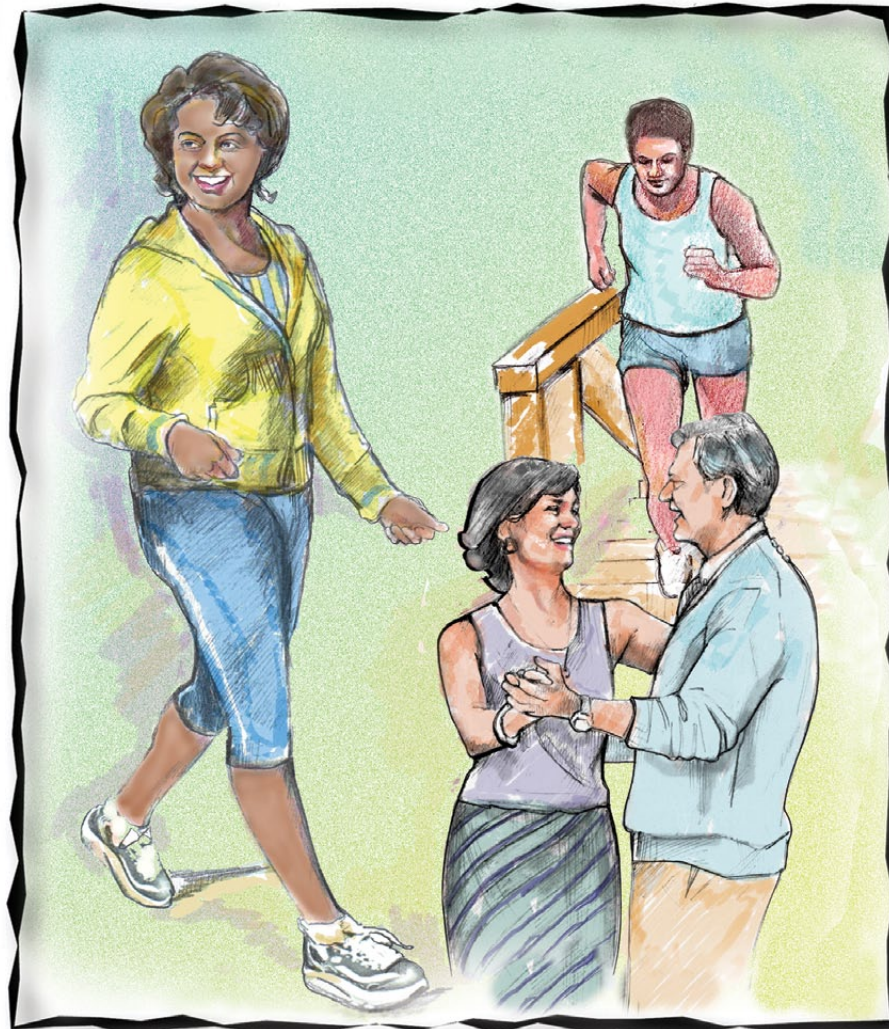


Work in the garden.



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.



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.**



Stretching

Stretch to feel better.



Everyone can stretch.



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:

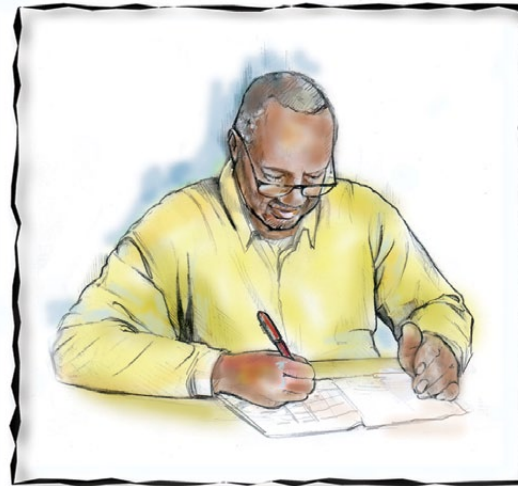
- Daily activity
- Aerobic exercise
- Strength training
- Stretching



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)

Don't make your plan too hard.

My daily activities
Every day I will: <i>play catch with the dog</i> <i>walk up the stairs at work</i> <i>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

My daily activities
Every day I will:
My aerobic exercise
Most days I will:
When:
For how long:
My buddy:
Backup plan:
My strength training
Three times a week I will:
When:
How many times:
My daily stretches
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
- ***Walking: A Step in the Right Direction***
www.niddk.nih.gov/health/nutrit/walking/walkingbro/walking.htm
- ***Physical Activity and Weight Control***
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

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

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

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

Toll-free: 1-800-222-2225

For More Information

To get more information about taking care of diabetes and related conditions, contact

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www.yourdiabetesinfo.org

Weight-control Information Network

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Email: win@info.niddk.nih.gov

Internet: www.win.niddk.nih.gov



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