



BEING ACTIVE

Being active is not just about losing weight. It has many health benefits like lowering cholesterol, improving blood pressure, lowering stress and anxiety, and improving your mood. If you have diabetes, physical activity can also help keep your blood sugar levels closer to normal and help you keep your diabetes in control.

It can be difficult to find the time or the motivation to start an exercise program. Everyone's physical abilities and schedules are different; choose the best ways to fit physical activity into your daily life—whether it's walking to work, doing chair exercises or working out at the gym.

The important thing to remember is to choose activities that you enjoy doing and to set goals that are realistic.

Your healthcare provider can help you design an activity plan that works for you.

DID YOU KNOW?

Breaking activity into three 10 minute sessions throughout the day is as good as one 30 minute session. This can help you fit exercise into your schedule.

TRUE OR FALSE?

You are not working out hard enough if you can carry on a conversation.

FALSE. You should be able to talk when doing an activity. If you can't, then your body is working too hard and you need to slow your pace.



Word Wall

EXERCISE (OR PHYSICAL ACTIVITY):

Activities that get your body moving and help you stay healthy

CARDIO:

Exercise that raises your heart rate

RESISTANCE TRAINING:

Activities that help you build muscle and strength



QUICK TIPS

Any amount of physical activity is better than none at all. Making physical activity part of your daily lifestyle burns calories even if it's not part of a structured plan.

Even if you are inactive and out of shape now, you can improve your health by moving just a little more. Take small steps to add more movement into your daily lifestyle. In time, you will find that you are stronger and will be able to move even more!

*Check your glucose before and after physical activity to learn how **your** body responds.*



ACTIVITIES

ASK YOURSELF

What's your all-time favorite activity that gets you moving? _____

What stops you from doing it? *(Circle as many as you want)*

- » Not enough time
- » Too out of shape
- » Too tired
- » Not motivated
- » Can't afford it
- » My _____ hurts too much

What can you do to get started doing this activity or working up to it? _____

Pick some other activities that you enjoy doing:



MAKE A FITT PLAN FOR YOUR PHYSICAL ACTIVITY:

- » **Frequency**—How often will you do this activity? Work up to 5 or more days a week.
- » **Intensity**—How hard should you be working? Remember, you should be able to talk, but not sing during an activity.
- » **Time**—How long will you do it? Be realistic. Start with 5 or 10 minutes, and work up to 30 minutes.
- » **Type of Activity**—What will you be doing? Do something you enjoy!

GET CREATIVE!

- » Partner with a friend to find creative ways to be more physically active.
- » Take your dog for a walk or play fetch at the park.
- » Call a friend to go dancing or put on your favorite song and make the living room your personal dance floor.
- » Find a gym buddy to motivate you to stay active.
- » Take the stairs instead of the elevator.
- » If you eat lunch with a co-worker, ask him/her to join you for a short walk after you eat.

