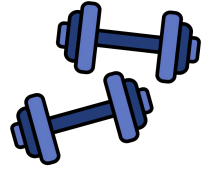


Diabetes Prevention Strategy



Movement

Physical activity isn't just about exercise; it's about moving your body every day in a way that feels good to you. Movement can help your sleep and mood and boost your metabolic health, making you feel better all around. You don't need to run marathons. Activities like walking, dancing, playing with kids or grandkids, swimming, or stretching are great ways to get in some extra movement and lower blood sugar.



How it works

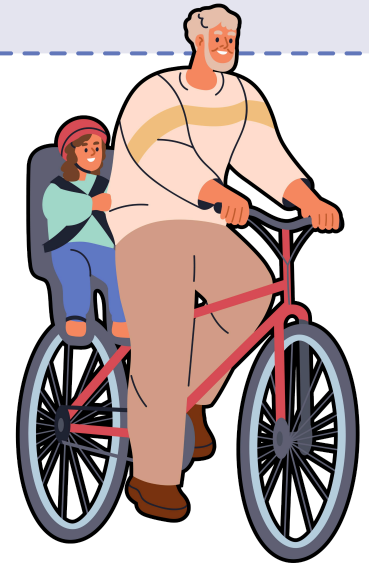
When you're active, your muscles use sugar from your blood for energy, which helps lower your blood sugar levels. Movement also makes your body more sensitive to insulin (the hormone that helps move sugar from your blood into your cells).

A prediabetes diagnosis often means your insulin levels are already higher than they should be. **Adding regular movement to your day helps your body use insulin more effectively, lowers blood sugar and A1C, and supports healthy, sustainable weight management.**

How movement improves your metabolic health

Lower blood sugar: Movement burns glucose for energy, lowering blood sugar levels immediately.

Improve metabolic health: Regular movement helps increase muscle mass, decrease fat mass, and lowers blood pressure, even if you don't lose a significant amount of weight. Combining cardio activities, like walking or biking, with strength training is even more effective at improving your metabolic health than just one or the other.



There are many ways to start adding some movement to your day! Here are a few examples to try:

Take a **15-minute walk after your next meal** (this can be very effective at lowering blood sugar!)

Dance while you do house chores

Join a local gym like the YMCA or a class at your local community center

Take the stairs at work, park further away from the store entrance, or find other ways to **get in some extra steps**

Stretch every hour for 5 minutes while you are sitting at your desk or watching TV

Pros



- Can be completely free - walking, bodyweight resistance exercises, or following a free workout video all cost nothing.
- Improves mood and sleep quality and provides benefits independent of weight loss.
- Helps reduce loneliness and isolation when moving with friends, partners, or in a class.
- Has an immediate effect on blood sugar.
- Reduces risk of heart disease and other chronic conditions.

Cons



- Some gyms or other programs may be expensive.
- Potential for injury if started too quickly or with poor form.
- Time commitment can be a barrier for busy schedules.
- Weather can interfere with outdoor activities.
- Physical limitations or chronic pain may limit options.

Insurance and cost

While standalone gym memberships are rarely covered, structured lifestyle change programs (which include movement) like the Diabetes Prevention Program are often covered.

Some Medicare Advantage plans offer free gym membership through SilverSneakers or similar fitness benefits.

Your employer may offer access to a gym or a free gym membership as part of your benefits. You can also talk with your care team about whether a gym membership could support your prediabetes care. If appropriate, they may be able to provide documentation that allows you to use **Health Savings Account (HSA)** funds to help cover the cost.



Next steps

Make a daily or weekly movement goal you can stick to for a least a month.

Set a reminder on your phone to **get up and stretch every hour** while sitting at your desk or couch.

Call your insurance to see if they cover a gym membership or other ways to help you get active.