

STAYING ACTIVE WITH TYPE 2 DIABETES



When you have diabetes, you can benefit physically and mentally by adopting—and sticking with—an exercise program. Physical activity can assist with weight loss or maintenance, blood pressure regulation, sleep quality, and memory or mood improvement. It can also increase the body’s sensitivity to insulin, making your diabetes easier to manage and decreasing your risk of heart disease or stroke. Set a goal of 150 minutes of moderate activity per week, being active at least three days. The type and intensity of the exercises you choose should align with your overall health, symptoms, and fitness level. Consult your doctor before starting any new exercise regimen.

SOME TIPS TO GET YOU STARTED

- If at any time while you’re exercising you feel pain, soreness, nausea, or other symptoms, stop and take a break.
- Test your blood sugar before starting physical activity. If it’s below 100 mg/dL, try eating a small snack to prevent low blood sugar (hypoglycemia). Test again after 30 minutes. If levels are over 240 mg/dL, it may be dangerous to exercise. Complete a urine ketone test and contact your healthcare provider if you have high ketone levels.
- Try to exercise one to three hours after eating, as your blood sugar is likely to be higher.
- Be sure to test your blood sugar after being physically active.
- Mind your feet during and after exercise. Watch for blisters, cuts, sores, rashes, or irritation. If these injuries do not begin to heal in the following two days, call your doctor.
- Practice balance and isolation exercises to help increase awareness of your body and improve your balance. By routinely completing these exercises, you may also improve your ability to move about with or without neuropathy.
- Make it fun, and change it up! Keep your routine fresh and find an accountability partner to keep you on track and make exercise enjoyable. A buddy like this can provide encouragement, keep you on task, and keep you honest about how your body feels.

STRETCHING AND FLEXIBILITY ACTIVITIES	CONTINUOUS ACTIVITIES	AEROBIC ACTIVITIES	STRENGTH-TRAINING ACTIVITIES
Yoga Tai chi Seated hamstring stretches Calf stretches Torso/whole body stretches Hip rotations Shoulder, forearm, and wrist stretches	Periodic walking Playing with a pet or child Taking the stairs Moving about the office Using an adjustable standing desk Mowing the lawn or gardening Doing housework Gardening	Dancing Swimming Aqua aerobics Biking Running Hiking Boxing Ping-Pong, tennis, or volleyball Rowing machine	Weight training Pushup variations Squats, lunges, or repetitively rising and sitting from a chair Resistance band workouts Pilates Crunches or planks Other total body exercises

Sources: CDC.gov, diabetes.org, diabetes.org.uk, diabeteseducator.org, health.harvard.edu

This information should not be construed as medical advice or advice on individual health matters, which should be obtained directly from a healthcare professional. Copyright © 2019 by Remedy Health Media, LLC. All rights reserved.