

“Some activity is better than none and more activity is better than some!”

Move More



Sneak in More Activity

Did you know being active gives you energy, relieves stress, sharpens the mind and burns calories? When you have diabetes, there are even more perks like improving the way your body uses insulin to keep blood glucose in better control.

Don't worry, you don't need to sign up for boot camp to get healthy! If you're just beginning, start out with a five-minute walk. Even small bursts of activity can improve your health so try breaking it down to 10-minute sessions two or three times a day. Remember, moving more is a do-it-yourself adventure, so find what works for you.

Move More Without Fancy Memberships or \$Expensive\$ Equipment

My Activity Checklist

- ✓ Talk to your diabetes team about the best time to be active and what activities work for you
- ✓ Carry fast-acting carbs like 3-4 glucose tablets or 5 Life Savers® to treat sneaky lows
- ✓ Wear a medical alert bracelet — www.laurenshope.com and www.coolmedid.com have fun choices
- ✓ Wear breathable socks and comfortable shoes
- ✓ Stay hydrated with water

At Home

Keep a pair of dumbbells or soup cans by the couch to lift
Carry groceries in one bag at a time
Mow the lawn with a push mower
Dance with your children or grandchildren

On the Go

Park at the outer edge of parking lots
Pace back and forth while you wait for appointments
Walk-in instead of driving-thru
Get off the elevator one stop early and take the stairs

In the Office

Walk to ask your co-worker a question instead of emailing
Bring a resistant band to work and exercise during breaks
Use the restroom and water cooler farthest away
Ask a co-worker to walk during lunch



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To reduce diabetes risks, be active for 30 minutes 5 days a week. If you want to lose weight then aim for 30-60 minutes five days a week.

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