

Did You Know...?

Exercise can help you improve your blood sugar control, as well as boost your overall fitness and reduce your risk of heart disease and nerve damage.



Diabetes and physical activity

For people living with diabetes

Overcoming your barriers...

Do not have enough time?

- ✓ Take several short (10 minute) walks during lunch and breaks from your work.
- ✓ Turn off the TV for 30 minutes and be active.
- ✓ Take the stairs instead of the elevator or escalator.
- ✓ Be active while spending time with friends, family, or co-workers.
- ✓ Do sit-ups, stretches, or walk around during commercials on television.

Too tired?

- ✓ Remind yourself that exercise will give you more energy.
- ✓ Plan a short 10 minute walk. Once you get started, it will probably be easy to keep going.
- ✓ Turn on some upbeat music you like to get you going.
- ✓ Get a friend to be active with you.

Weather is bad?

- ✓ Walk at a shopping mall or recreation center.
- ✓ Climb the stairs in your house or office building.
- ✓ Vacuum the carpet or clean your windows.
- ✓ Walk in the hallways and take the stairs at work.
- ✓ Try an exercise video with a friend.

Can only exercise at home?

- ✓ Try using exercise videos
- ✓ Try marching in place (with arms moving) while watching TV.
- ✓ Try doing toning/stretches during commercials.
- ✓ Walk up and down the stairs as many times as you can.
- ✓ Turn on music and dance in the house.

Do not feel safe in your neighborhood?

- ✓ Try group walks.
- ✓ Go to a school track or gym.
- ✓ Walk during the daylight.
- ✓ Go to the church to walk.
- ✓ Walk in a mall.

Bored with your exercise routine?

- ✓ Get your friends and family to be active with you to spend more time with them.
- ✓ Do something new and different once in a while.
- ✓ Do the same activity in a new place – for example, walk a different path in a different neighborhood.
- ✓ Keep your physical activity FUN!
- ✓ Listen to music or a book on tape while you walk.

References : Mayo Clinic: <http://www.mayoclinic.com/health/diabetes-and-exercise/DA00105> & REACH Detroit Partnership Journey to Health Program.

** *Diabetes is a disease in which the body does not produce or use insulin properly. Insulin is a hormone that is needed to convert sugar, starches and other food into energy that is needed for proper bodily functioning.*