



PROHEALTHY

Education for our patients and families

Diabetes: Physical Activity

Benefits

Physical activity helps lower your blood glucose and also helps insulin work well.

- Other benefits can include:
 - Weight loss
 - ↓ stress
 - ↑ blood flow
 - ↓ cholesterol levels

General Guidelines

- Check with your healthcare provider before starting any exercise program.
- Aim to be active 3-6 times per week.
- Start slowly and gradually increase the time and how hard you work.
- Warm-up before and cool-down after you exercise.
- Try to find an activity you enjoy such as walking, biking, or swimming.
- Other ways to increase physical activity include:
 - Take the stairs instead of the elevator
 - Park at the far end of the parking lot
 - Get off the bus a stop or two early
 - Take 3 ten minute walks daily
- Wear loose fitting clothing and supportive shoes

Blood Sugar Testing

- Check your blood glucose level before and after you exercise.
- Always have some form of sugar with you when you exercise, such as glucose tablets or glucose gel.

For more information contact:
The Diabetes Center (262) 928-4695



PROHEALTH CARE

*The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have.
This educational material was developed by a team of experts from throughout ProHealth Care.*

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