

## 11 Tips For Staying Active for People with Type 2 Diabetes

- Before beginning physical activity, ask your health care provider for guidance on exercising safely.
- Buy a comfortable pair of shoes that fit well.
- Check your feet everyday for cuts, blisters, or swelling.
- Plan a time for physical activity, just like you would for eating and sleeping.
- Test your blood sugar level before and after you exercise. Don't exercise if it is higher than 250 mg/dL or if there are ketones in your urine.
- If your blood sugar is below 120 mg/dl, eat a meal or snack before exercising and take a snack with you.
- If you haven't been physically active, start slowly, and gradually build up to the 30 minutes a day recommended by the Surgeon General.
- Be aware of how your body responds to physical activity and if you feel faint or dizzy, talk to your health care provider.
- Wear a medical identification bracelet or carry a card that says you have diabetes.
- Stretching often is great for avoiding stiffness and feeling good.
- Set goals for yourself, be consistent and, most of all, have fun.

### BE ACTIVE

Why is being active so important?

Exercise is good for everyone, whether you have type 2 diabetes or not. Being active keeps your body healthy and strong. It can help you stay at a weight that's right for you or help you lose weight slowly.

Physical activity can make you feel better if you're in a bad mood, relax you, and help you sleep well. If you have diabetes, exercise can help you body use glucose for energy and lower your blood sugar.

There are many ways you can stay active.

- Walk the dog, take a hike or ride a bike
- Dance, swim or jog.
- Check out an aerobics tape from the library and work out at home
- You can play basketball, baseball, softball, golf, soccer, tennis, or volleyball.
- Take the stairs instead of the elevator.

Make exercise a part of your daily life. Be active with a friend or family member – it is easier and more fun when you have a buddy.