



Diabetes Education

Exercises

What is BMI?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people and is used as a screening tool to identify possible weight problems for adults.

Body Mass Index (BMI):

- **Underweight**
Below 18.5
- **Normal**
18.5 - 24.9
- **Overweight**
25.0 - 29.9
- **Obese**
Above 30.0

How to Calculate BMI:

Formula: $\text{weight (kg)} / [\text{height (m)}]^2$

Example:

Weight = 68 kg,

Height = 165 cm (1.65 m)

Calculation:

$68 \div (1.65)^2 = \underline{24.98}$

Good Types of Physical Activity for People With Diabetes:

Walking vigorously, hiking, climbing stairs, swimming, aerobics, dancing, bicycling, skating, skiing, tennis, basketball, volleyball, or other sports, are just some examples of physical activity that will work your large muscles, increase your heart rate, and make you breathe harder – all **IMPORTANT** goals for your fitness.

In addition, strength training exercises with hand weights, elastic bands, or weight machines can help you build muscle. Stretching helps to make you flexible and prevent soreness and injury after exercise.

Physical activity is a great way to meet people and **IMPROVE** your health. Your doctor can tell you about the kinds of exercises that are good for you.



SEE your doctor
BEFORE you begin an
exercise program.

NOTE: If you're out of shape or have recently been diagnosed as having diabetes, see your doctor **BEFORE** you begin an exercise program.



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Exercises



How Often Should You Exercise?

You should exercise at least 30 minutes (*working your way up to 45 minutes*) on 5 or **MORE** days of the week.

Know Your ABC's of Diabetes:

(Reach Your GOALS)

A ✓ EVERY 3-6 MONTHS

• **A1c:** Below 7%

B ✓ EVERY VISIT

• **Blood Pressure:**
Below 130/80mmHg

C ✓ ONCE A YEAR

• **Cholesterol:**
LDL: Below 100mg/dL
HDL: Above 40mg/dL
for Men & Above
50mg/dL for Women

Blood Glucose Targets:

• Fasting, 90-130mg/dL
• 2 Hours after eating,
Less Than 180mg/dL

How to Approach Exercising?

If you're out of shape or have recently been diagnosed as having diabetes, see your doctor **BEFORE** you begin an exercise program.

Here are Some Tips for Starting:

1. Check your blood sugar regularly. Always have a supply of sugar or glucose ready in case your levels become dangerously low.
2. Avoid lifting very heavy weights as a precaution against sudden high blood pressure.
3. **ALWAYS** wear an ID tag indicating that you have diabetes to insure proper treatment in case there's a medical emergency.
4. Stretch for five minutes before and after your workout regardless of how intense you plan to exercise.
5. Start slowly with a low-impact exercise such as walking, swimming, or biking.
6. Build up the time you spend exercising **GRADUALLY**.
7. Be sure your shoes fit well and are designed for the activity you have in mind. Be alert for blisters and **ALWAYS** wear socks.



ALWAYS wear socks while exercising.



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