



Diabetes Education

Start slowly and **BUILD UP** the time you spend exercising gradually.

Exercising Tips

How Often Should You Exercise?

Exercise, in combination with a healthy diet, is one of the best things you can do to take care of yourself if you have diabetes.

Try to exercise at the same time *EVERY DAY* for the same duration.

You should exercise for at least 30 minutes working your way up to 45 minutes.



Stretch for at least 5 minutes before and after your workout.

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Why Should You Exercise?

- ✓ Burns calories, helping you to lose weight or maintain a healthy weight.
- ✓ Can help your body respond to insulin and is known to be effective in managing blood glucose helping lower blood glucose and possibly reduce the amount of medication you need to treat diabetes.
- ✓ Exercise can **IMPROVE** your circulation, especially in your arms and legs.
 - ✓ Helps reduce your cholesterol and high blood pressure.
 - ✓ Exercise helps reduce stress, which can raise your glucose level.
 - ✓ Can help you sleep better.
 - ✓ **LOWERS** your risk for heart disease.
 - ✓ In some people, exercise combined with a meal plan, can control Type 2 Diabetes without the need for medications.

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.



Exercising Tips

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:

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

How Much and How Often Should People with Diabetes Exercise?

Experts recommend moderate intensity physical activity for at *LEAST* 30 minutes on 5 or more days of the week. If you are not accustomed to physical activity, you may want to **START** with a little exercise and work your way up. As you become stronger, you can add a few extra minutes each week to your physical activity.



Do some physical activity **EVERY DAY**. It's better to **WALK** 10 or 20 minutes each day than one hour once a week.

Applying Your Knowledge:

A pound of fat represents about 3,500 calories of stored energy. If you eat 2,500 calories a day and burn 2,000 calories your body retains 500 calories each day. Over the course of a month you would retain (30×500) 15,000 calories which is equal to over 4 pounds of fat, since one pound of fat is about 3,500 calories.

The following table gives you an idea of how much work you have to do to burn off **EXCESS** energy:

Food	Calories	Exercise to Burn Calories
Apple	55	Doing nothing (<i>sleeping you will still use this much energy in an hour</i>)
1-2 Cookies	120	Cycle for half an hour
Small bag of chips	180	Walk for half an hour
16oz. of beer	180	Gardening for half an hour
Doughnut	300	Brisk walk for one hour



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