Be Active
When You Have Diabetes
Being active can help you take care of your diabetes.
Better mood
Lowered stress
Less body fat
Strong blood vessels
Strong bones
Better insulin use
Strong heart
Strong muscles
Flexible joints

Regular physical activity helps your body and mind.
Physical activity can help you lower your chance of having diabetes problems.
Talk with your health care team before you start to exercise.

Learn what kinds of physical activity are best for you.

Learn how to plan meals around your physical activity.
Four kinds of physical activity are important.
Daily Activity

Be extra active every day.
Take the stairs.
Work in the garden.

Ways I can be more active:
Aerobic Exercise

Do some aerobic exercise almost every day.
Take a brisk walk. Start with 10 minutes. Work your way up to 30 minutes a day.
Dance.

Some kinds of aerobic exercise I might enjoy:
Strength Training

Keep your muscles strong with strength training.

Do strength training three times a week.
You can do strength training at home, at a fitness center, or in a class.

Types of strength training I might like:
Stretching

Stretch to feel better.
Everyone can stretch.

Types of stretching I can do each day:
Remember: Being active can help you take care of your diabetes!

Regular physical activity can

- help you with your blood sugar, blood pressure, and cholesterol levels
- lower your chance of having diabetes problems

Four kinds of physical activity are important:

- Daily activity
- Aerobic exercise
- Strength training
- Stretching
Get started!

✓ Talk with your health care team.

✓ Make a plan.

✓ Find an exercise buddy.
### What to Ask Your Health Care Team

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Should I change my medicine or my meals?</td>
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<tr>
<td>When should I take my prescription medicine?</td>
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<tr>
<td>How much should I take before I exercise?</td>
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<tr>
<td>When should I take my over-the-counter medicine?</td>
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<tr>
<td>Should I eat before I exercise? Or after?</td>
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<tr>
<td>What should I do if I have low blood sugar when I exercise?</td>
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</table>

### Which activities are safe for me?

<table>
<thead>
<tr>
<th>Category</th>
<th>Activities</th>
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</thead>
<tbody>
<tr>
<td>Daily activities:</td>
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<tr>
<td>Aerobic exercise:</td>
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<tr>
<td>Strength training:</td>
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<tr>
<td>Stretching:</td>
<td></td>
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</tbody>
</table>
## My Physical Activity Plan
*(sample starter plan)*

### My daily activities

| Every day I will: | play catch with the dog  
|walk up the stairs at work  
park at the far end of the parking lot |

### My aerobic exercise

| Most days I will: | walk around my block |
|When: | Tuesday through Sunday, after dinner |
|For how long: | 10 minutes |

| My buddy: | my daughter |
|Backup plan: | walk at the mall if it rains |

### My strength training

| Three times a week I will: | lift hand weights |
|When: | T–TH–Sat, 8 a.m. |
|How many times: | 15 |

### My daily stretches

| Every day I will: | do chair yoga |
|When: | before bed |
|For how long: | 10 minutes |
## My Physical Activity Plan

### My daily activities
Every day I will:

### My aerobic exercise
Most days I will:

- **When:**
- **For how long:**

- **My buddy:**
- **Backup plan:**

### My strength training
Three times a week I will:

- **When:**
- **How many times:**

### My daily stretches
Every day I will:

- **When:**
- **For how long:**
For more information, call to get these free booklets, or read them online.

- **Active at Any Size!**
  www.win.niddk.nih.gov/publications/active.htm

- **Walking, A Step in the Right Direction!**

You can order these free booklets from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Weight-control Information Network.
Toll-free: 1–877–946–4627
Another free booklet with this information and more details is

- **What I need to know about Physical Activity and Diabetes**
  
  www.diabetes.niddk.nih.gov/dm/pubs/physical_ez

You can order this booklet from the NIDDK. Toll-free: 1–800–860–8747

More free resources about diet and physical activity for people with diabetes include

- **Tips for Teens with Diabetes: Be Active!**
  

You can order this tip sheet from the National Diabetes Education Program. Toll-free: 1–888–693–NDEP (1–888–693–6337)
Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging
www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide

You can order this booklet from The National Institute on Aging.
Toll-free: 1–800–222–2225
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