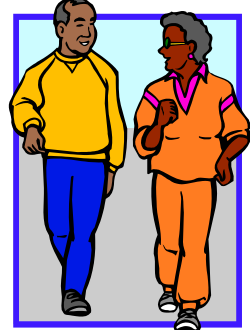

Diabetes – Activity for Type 2 Diabetes

Why is activity important?

Physical activity is one of the most important things you can do to maintain your diabetes control as well as your mental health and quality of life. You can improve blood sugar control by being more active.

When you are active you:

- lower your blood sugar
- use the insulin you produce in your own body better
- promote weight loss
- improve blood flow in blood vessels
- reduce stress



How much activity do I need?

It is best to be active every day.

The recommended amount of aerobic exercise such as brisk walking, biking or dancing is 150 minutes a week. This is the amount of activity you would have if you were active 30 minutes a day, 5 days a week.

You should also do resistance exercises such as exercising with weights at least 2 times and preferably 3 times a week.



How should I get started if I have not been active?

Build up gradually. Walking is a great way to start. You may choose to swim or dance. It also helps to be active by gardening, doing housework and taking the stairs instead of an elevator.



If you have other medical problems, you should contact your health care provider who can advise the right kind of activities for you.