



Get Moving!

Successfully managing diabetes involves many different lifestyle adjustments, and exercise is a huge piece of the puzzle. Physical activity helps lower sugar in two main ways:

INCREASED ENERGY USE

IMPROVED INSULIN RESISTANCE



10 Simple Ways to Get More Exercise

1

Park in the back of the parking lot.

2

Take the stairs instead of the elevator.

3

Take a lap around the office (or house) every hour.

4

Use resistance bands or weights to build muscle.

5

Take the dog for a walk.

6

Follow along with an exercise or dance video on YouTube.

7

Go swimming at your local pool.

8

Complete chair exercises, such as chair squats or leg lifts.

9

Try a yoga video on YouTube.

10

For more intense exercise, join a rec league team, go on a hike, or ride your bike.

Note:

- This is not intended to replace medical advice. Always check with your doctor before beginning a new exercise regimen.
- Any amount of movement can help keep your blood sugar in check! Start with what you are able to do now, and you can always build up from there.

