

Top Ten Exercise Tips for People with Diabetes

- 1) **Check with your doctor-** they can give you instruction on how to maintain proper insulin levels while being active, as well as make sure that you are ready for the type of exercise that you would like to perform!
- 2) **Make a list of activities you like-** exercise doesn't have to mean going to a gym, there are many fun activities that get your heart pumping. Want to try yoga, biking, swimming, walking? The world is your oyster
- 3) **Check your blood sugar-** monitoring your blood sugar before, during and after exercise can give you a good indication of if/when you need a snack in order to maintain a proper blood sugar. Make sure to keep a small carbohydrate snack with you, just in case!
- 4) **Ease into it-** in order to avoid injury, slowly progress up your exercise intensity and time. Start with "snacking" on exercise for 10 minutes 2-3 times a day. Then continue to progress until you are getting the CDC recommendation of 150 minutes per week- sounds like a lot, but it's just 30 minutes, 5 times a week.
- 5) **Strength train at least twice a week-** lift weights, use bands or just use your body weight. Strength training is recommended for everyone to keep use strong and independent with daily tasks, it even helps to improve blood sugar!
- 6) **Make it a habit-** set a specific time each day to get your workout in. Make it a date with your self, and don't stand yourself up! Doing the workout at the same time each day also helps you reduce the risk of hypoglycemia (low blood sugar).
- 7) **Go public-** workout with someone who knows that you have diabetes or wear a medical identification tag just in case you need help. Having a partner improves motivation and makes it more fun!
- 8) **Check your feet daily-** wear supportive athletic shoes that are the right type for the activity. Also check and clean your feet daily, keep track of any changes and make sure tell your doctor if you have a wound that isn't healing. Special attention should be given to blisters!
- 9) **Hydrate-** drink plenty of water before, during and after exercise
- 10) **If it hurts, stop-** mild soreness is normal when starting an exercise program. If the pain is intense and limiting you from performing the exercise or activity with good form, stop. Most of injuries occur when we try to do too much, too soon. Slow and steady progress is key!

Source: Dansinger MD, Michael. (October 2, 2016). 11 Exercise Tips if You Have Type 2 Diabetes. <http://www.webmd.com/diabetes/type-2-diabetes-guide/exercise-guidelines#1>

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