

# Get Moving

*So you find it difficult to exercise? Do you feel that you just don't have enough time in the day to go to the gym? Do you feel too tired at the end of your work day? If you answered "yes" to these questions, read ahead.*

**E**xercise has so many health benefits, but a lot of times getting started can be difficult. The good news is that to reap the benefits of physical activity, you just have to move more during the day. Gyms and expensive exercise equipment are not necessary at all!



## What are the Recommendations?

The American Diabetes Association recommends 150 minutes of moderate activity each week to maintain good health.

Does this sound like lot?

In reality it is easy to get in this much activity. Just aim for 30 minutes, five times per week. The same benefits can be achieved by exercising 10 minutes, 3 times per day.

Try to include activities that are good for your heart (aerobic) and good for your muscles (strength training). Activities that are good for your heart include walking, cycling, swimming, water aerobics, skating, dancing, and playing tennis. Activities that are good for your muscles include lifting light hand weights, resistance bands, yoga, and calisthenics.

## What are the Benefits?

Once you get moving you will start to feel better and improve your health. Health benefits associated with regular physical activity include:

- Lowered blood sugars during and after exercise
- Weight loss/weight maintenance
- Improved insulin effect
- Lowered risk of heart disease and improved circulation
- Improved cholesterol levels
- Lowered blood pressure
- Better self-esteem and reduced stress
- Increases energy levels



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**R**emember though, that the activity should be done at a **moderate intensity**. Not sure what that would be?

Just use the **Talk Test** method to measure how hard you are working. If you can do the activity and sing at the same time the intensity is light, so you may want to work a bit harder. If you can carry on a conversation but are a little breathless, the intensity is moderate, so you can maintain that. If you can barely speak and are short of breath, the intensity is hard and you may want to take it easy.

## Let's Get Started!

So now that you know the benefits and recommendations for exercise, what do you need to get started?

- Think of some of your most enjoyable activities. Create a program that includes these activities because you have a better chance of succeeding.
- Set realistic, short-term goals. What would you like to achieve, how are you going to achieve it, and how long will it take you? Evaluate your progress every week and set new goals.
- Get motivated! Make a list of all the benefits that exercise will bring to you and your health.
- Find support. Exercise with a buddy or get a group together and help each other reach your goals.
- Get a comfortable pair of exercise shoes. Make sure that you choose shoes appropriate for the type of exercise you will be doing. Wear comfortable clothing, and the cotton socks, as they are better in absorbing sweat.



### With diabetes remember:

- If you are planning to increase the intensity of the exercise or include light weight training, discuss this with your doctor.
- If you take medications that lower your blood sugar remember to:
  - Check your blood sugar before and after the physical activity
  - Carry a source of quick action glucose with you in case of low blood sugars
- Keep well hydrated
- If you have Type 1 diabetes, do not exercise if you have ketones present.
- Always check your feet after physical activity.



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