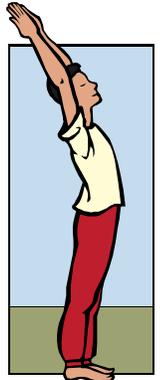


Diabetes and Physical

1. What are the benefits of physical activity?

- Improves blood sugars
- Prevents heart attack and stroke
- Improves blood pressure and cholesterol levels
- Helps you to lose weight
- Makes energy, mood and stress levels better



2. What types of physical activity should I do?

1. Aerobic Activities

- Helps to keep the heart strong and healthy
- You must do this activity for at least 10 minutes to have a benefit for the heart
- Example: brisk walking, biking, dancing, hockey, soccer, jogging and swimming

2. Resistance Activities

- Increases muscle strength and power
- If you have high blood pressure or retinopathy, ask your doctor if it is safe for you to do strength activities
- Example: Lifting weights, hauling wood, using tension bands and push ups

3. Flexibility Activities

- Keeps the muscles relaxed and helps the joints move easily
- Example: yoga, stretching, bending and reaching

If you have not exercised in a long time you should check with your doctor before starting

3. How often do I need to exercise?

- A goal of 150 minutes per week of moderate to vigorous aerobic activity spread over 3 days. Try to not go more than 2 days without activity.
- Aim to do resistance activities at least 2 times a week, 3 times is better



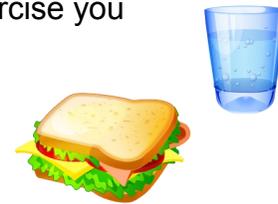
Diabetes and Physical

4. When should I test my blood sugars?

- Testing should be done before the activity starts and after
- If your blood sugar is below 4 mmol/L you must stop the activity and treat with a fast acting sugar

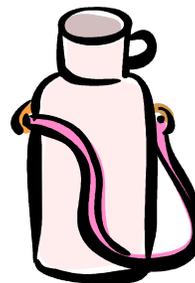
5. Do I need a snack before exercising?

- Talk to your doctor about your insulin or diabetes medications and exercise
- Insulin and some diabetes medications may cause your blood sugar to go too low when you exercise
- If your blood sugar is below 5.5 mmol/L before starting exercise you will need to have a snack



6. What should I drink?

- Water is the best choice
- Sports drinks have a lot of sugar and are not needed for most people
- Drink 8-10 cups of fluid each day
- Avoid caffeine and alcohol
- Do not wait until you are thirsty to have a drink
- Carry a water bottle with you when exercising



*2013 - 4. These materials were developed by the Clinical Subcommittee of the Chronic Disease and Network and Access Program of the Prince Albert Grand Council and its partners and funded by Aboriginal Health Transition Fund. These materials will expire in 2018 when the Clinical Practice Guidelines for Diabetes Prevention and Management in Canada are updated.
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