LET’S GET MOVING
DIABETES AND EXERCISE

Being active is good for almost everyone – including people with diabetes.

Active people often:
• have more energy
• have better blood sugar control
• have less stress
• look and feel better

The First Step:
Always talk to your doctor before you start to exercise. Pick 1 or more ways to be active that you like. You can be active inside, outside, or both!

Some Inside Exercises
• Stretching
• Floor or leg exercises

Some Outside Exercises
• Fast walking
• Gardening

Dancing
• Light jogging in place

Bike riding
• Team sports
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Your Goal:
Exercise at least 30 minutes a day to keep your current weight. Forty-five to 60 minutes of daily exercise may help you lose weight. Keep a record of when you are active, what you do, and how long you do it. Set a goal that you can reach. Reward yourself when you reach your goal. Then set a new goal!

Your doctor or diabetes educator will help you choose an exercise plan that is right for you.

Tips on Getting Started

• Start SLOW: Warm up a few minutes before and after you are active.
• Find a friend to be active with. It will help you stick with it.
• Wear comfortable shoes and clothes – and carry ID showing you have diabetes.
• Check your feet before and after exercise.
• Try to exercise 1 to 3 hours after a meal (when your blood sugar is high)

High-Sugar Snack (Peppermints)
Quickly chew 3 or 4 pieces of hard candy.

• Check your blood sugar before and after you are active – especially if you have type 1 diabetes.
• Low blood sugar can be a problem when you exercise. Always have a high-sugar snack handy.