

Tips for Being Active With Diabetes

How Much Activity?

- Start by doing what you can do, and then look for ways to do more until you reach 150 minutes a week of activity.
- Find the time that works best for you to add up to 150 minutes. For example:
 - 30 minutes at one time five times a week.
 - 15 minutes at a time 10 times a week.
 - 10 minutes at a time several times a day.



Do It Your Way

- Brisk walking is a great way to be active.
- Try dancing, gardening, following a video, or taking a class.
- Be active with a friend or family member.
- Start with 10 minutes a day and build up over time.

Be Safe

- Check your blood sugar before you are physically active.
- Carry a snack with you in case your blood sugar goes too low.
- Carry identification that says you have diabetes.
- Wear shoes that fit well and are made for the kind of activity you do.
- Check your feet every day. Call your doctor or nurse if a cut, sore, blister, or bruise on your feet or toes does not go away after 2 days.



Ask Your Doctor or Nurse:

1. What physical activities are safe for me?
2. Are there any special things I need to do to protect my feet?
3. Do I need to make any changes in my medicines before I raise my level of physical activity? Do I need to eat a snack before I'm active?

One thing I will do to be more active before my next appointment:

Other notes from the doctor or nurse: