

Staying active is easy!

Physical activity or exercise is anything that gets you moving. It includes things like:

- Walking
- Dancing
- Swimming
- Any activity that you enjoy in which you break a light sweat

There are many good reasons for people with diabetes to stay active. Daily exercise can help your body get stronger. It can help you sleep and feel better too. Also, it can help lower blood pressure, blood sugar and cholesterol. These changes are heart healthy. Losing weight may also reduce how much insulin or diabetes pills you need to take.

Talk to your doctor

Talk to your health care team about which activities are safe for you. Your doctor should know before you begin any type of activity.

What's stopping you?

Most people have at least one reason why they're not more active. Maybe you never were very active. Maybe you think your blood sugar will drop. What's keeping you from being active? Ask yourself what it would take to overcome it.

When you think you can't...	New ideas to show you how you can
I don't have time to exercise for 30 minutes a day.	Do as much as you can. Every step counts. If you are just starting out, begin with 10 minutes a day. Then add more little by little. Work up to 10 minutes at a time three times a day.
I'm too tired after work.	Plan to do something active before work or during the day.
I don't have the right clothes.	Wear anything that's comfortable as long as you have shoes that fit well and socks that don't bother your skin.

I'm too shy to exercise in a group.	Choose something you can do on your own. Follow along with an aerobics class on TV or go for a walk.
I don't want to have sore muscles.	Exercise shouldn't hurt if you go slowly at first. Choose something you can do without getting sore. Learn how to warm up and stretch before you start. Take time to cool down afterward.
I'm afraid I'll get low blood sugar.	If you are taking a medication that could cause low blood sugar, talk to your doctor about ways to exercise safely.
Walking hurts my knees.	Try chair exercises or swimming.
It's too hot outside.	If it's too hot, too cold or too humid, walk inside a shopping center.
It's not safe to walk in my neighborhood.	Find an indoor activity, such as an exercise class at a community center.
I'm afraid I'll make my condition worse.	Get a checkup before planning your fitness routine. Learn what's safe for you to do.
I can't afford to join a fitness center or buy equipment	Do something that doesn't require fancy equipment. Walk or use cans of food for weights.
Exercise is boring.	Find something you enjoy doing. Try different activities on different days.

Do you need help with your healthcare, talking with us, or reading what we send you? Call us toll free at 1-844-521-6941 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su atención médica? ¿Necesita ayuda para leer lo que le enviamos o para hablar con nosotros? Llámenos al número gratuito 1-844-521-6941 (TTY 711) para conseguir esta información sin costo en otros idiomas o formatos.

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