

DIABETES AND EXERCISE: *THE BASICS*

BENEFITS OF EXERCISE FOR PEOPLE WITH DIABETES:

- » **Reduces** risk of heart disease and early death
- » **Improves** blood sugar control in Type 1 and Type 2 Diabetes
- » **Helps** with weight loss and/or weight maintenance
- » **Reduces** risk of heart disease and early death
- » **Improves** strength, bone density, mobility, balance, sleep, and brain function

BEFORE YOU START AN EXERCISE PROGRAM:

- » You should **contact your primary care provider** before starting any exercise program, especially if you have been inactive or aren't used to exercising
- » Make sure you have shoes that **fit well** and **aren't too tight** or **too loose**

PHYSICAL ACTIVITY RECOMMENDATIONS:

- » Your goal should be to do **150 minutes of moderate-intensity aerobic exercise**, spread out over the course of **3-4 days each week**. That means you'll exercise for about 40-50 minutes on the days you are active
- » Days off are important, but **don't go more than two days in a row without exercise**
- » In addition to the aerobic exercise each week, you should also do resistance exercises **two times each week**. Your resistance exercise days can either overlap with your aerobic days, or you can do your resistance work on the days you don't do aerobic exercise