

Exercising

Why should I exercise?

What precautions should I take?

How can I get started?

Exercise Pyramid

Leg Exercises

Yoga, Tai Chi, Qigong and Self massage

10,000 Steps Program

Why should I exercise?

- Regular exercise 3-4 times per week or more can
- Lower blood sugar
- Help you lose weight
- Increase good cholesterol, reduce stress
- Improve the ability of the muscles to respond to insulin, which helps more glucose get into the cells
- Lower blood pressure
- Help reduce your risk for heart disease

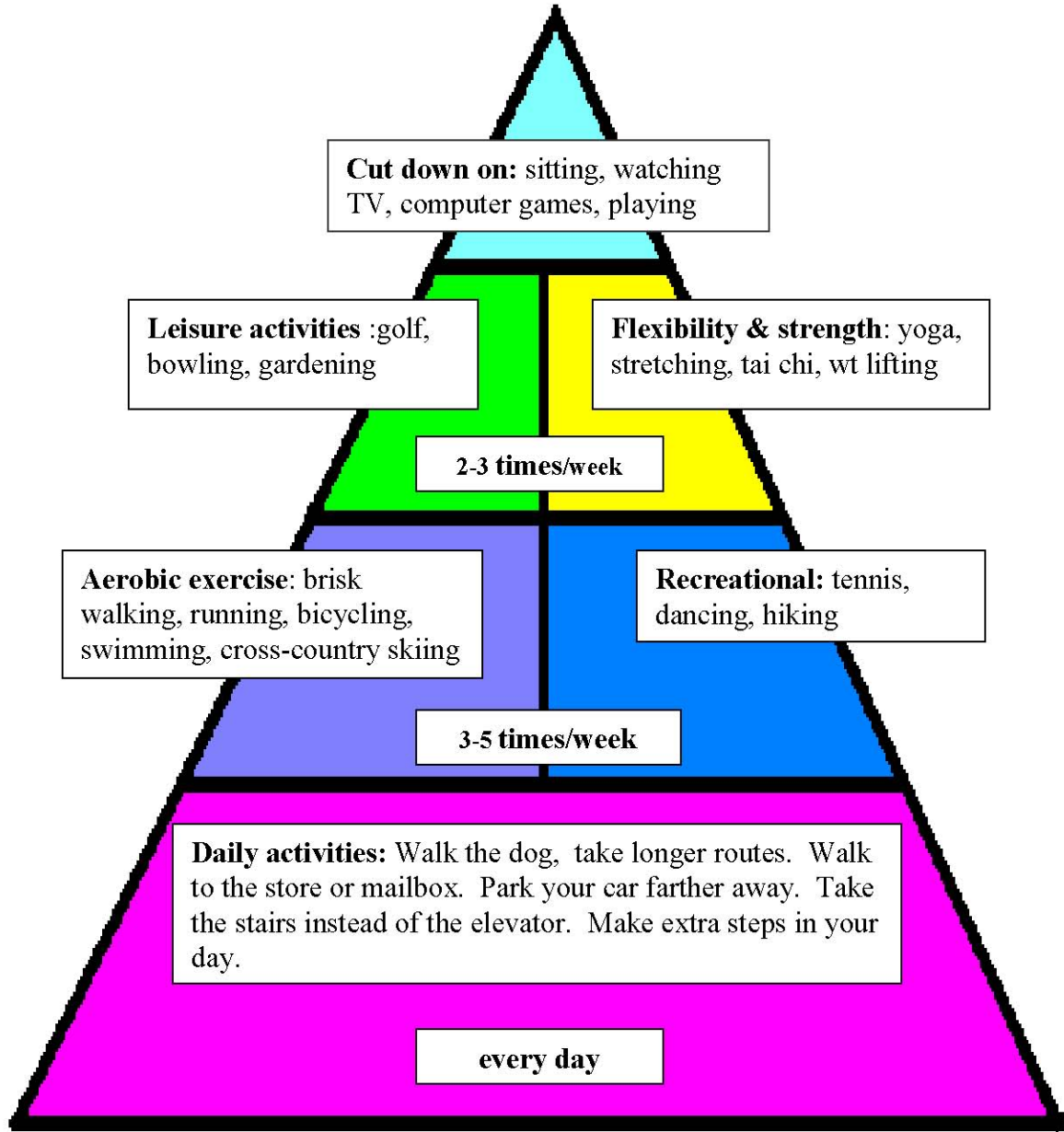
What precautions should I take?

- Before you start an exercise program discuss it with your doctor, to be safe and not cause damage. Do not exercise when your blood sugar is greater than 250 and you have ketones in your urine. Prevent Hypoglycemia (Low Blood Sugar): Hypoglycemia is a potential problem and can occur up to 24 hours after exercise.
- Monitor your blood sugars before and after exercise. This is most important if you take diabetic pills or insulin.
- You may need to decrease your insulin or increase your carbohydrates for prolonged or strenuous exercise.
- Take extra emergency sugar and/or food with you.
- Avoid exercising during peak insulin action.
- Don't inject insulin into thigh or upper arm before exercising
- Wear medic alert identification.
- People with retinopathy should not use weights.

How can I get started?

Start slowly. Walking or swimming is good exercises. Work up to more difficult exercises, and don't overdo it. Do something you like. Make it a habit. Do it every day. Reward yourself. Make it fun. Get a friend to accompany you for safety and motivation.

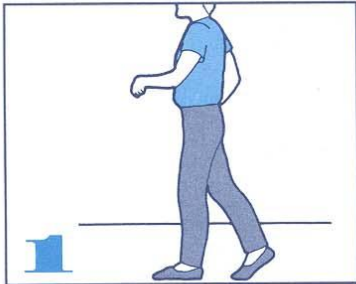
Exercise Pyramid



Notes:

Leg Exercises for People with Diabetes

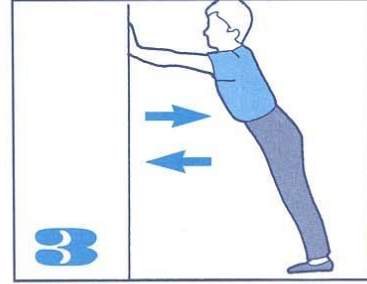
People with diabetes are more likely than others to develop problems in the legs and feet. Daily exercise and not smoking can help prevent serious damage.



1
Walking: Take a brisk daily walk of 1/2 - 1 hour. Try to increase the distance every day.



2
Staircase exercise: Walk briskly up a flight of stairs using only the balls of the feet.



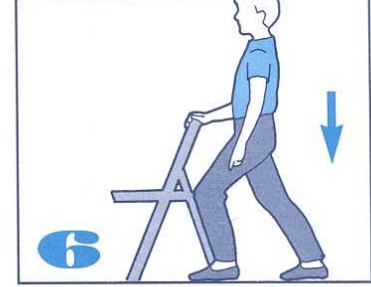
3
Stretching the calf muscles: Lean with the palms of your hands against a wall. Keep your feet some distance away, the heels firmly on the floor. Bend your arms 10 times, keeping your back and legs straight.



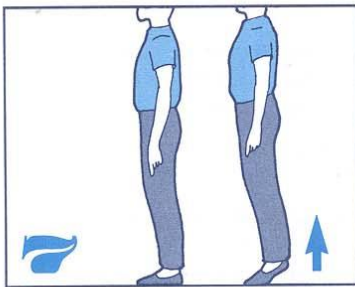
4
Chair exercise: Sit down on a chair and raise yourself up 10 times keeping your arms crossed.



5
Tiptoe exercise: Hold on to a chair and raise and lower yourself on the toes of one foot, then the other.



6
Leg bends: Hold chair. Put one foot forward as shown and lower body straight down, keeping both feet on floor. Raise and lower 10 times. Change legs.



7
Heel raising: Get up on your toes and then down on your heels, about 20 times. Also try putting your whole weight first on one leg and then on the other.



8
Leg sweeps: Stand with one leg slightly raised, on a book for example. While holding on to a chair or table swing the other leg back and forth 10 times. Change to the other leg and repeat.



9
Wave your feet: Sit down on the floor and lean backwards. Shake your feet until they are relaxed and warm.

For best results - walk or exercise every day