

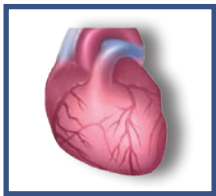


The Benefits of Physical Activity

Regular physical activity is an important part of your diabetes management plan.



Physical activity lowers blood glucose levels. Regular physical activity can reduce the amount of diabetes medication you need to take.



Regular physical activity also helps reduce your risk of heart disease. Exercise helps you manage your cholesterol level, blood pressure, body weight, and your blood glucose level.



Physical activity helps reduce stress, and increases your overall sense of well-being. When you feel better, you are more likely to remain physically active.

All forms of physical activity are helpful in controlling your blood glucose level.

Aerobic Activities

These include activities that increase your heart rate for a period of time, such as walking, swimming, and cycling.

Strength Training or Resistant Activities

These strengthen and tone muscles. Examples include: sit-ups, leg lifts or bicep curls with or without using dumbbells or an elastic band.

Flexibility Activities

These activities, including yoga and stretching, help improve your balance and coordination.