

NOW WHAT about physical activity?

Not sure where to start? Worried about what is too little or too much activity? Check out the facts below on how beneficial physical activity can be.

FACTS FIRST: Physical activity is beneficial for everybody, including those with diabetes.

Start Moving

Do Cardio

Build Muscle

ACT ON THE FACTS:

START MOVING. Did you know that ANY amount of physical activity has health benefits? Some daily activities, like yard work, count! An immediate benefit is lowering your blood sugar.

DO SOME CARDIO. The intensity of the activity can be measured with a talk test, meaning you should be able to talk but not sing during your activity. Some examples include walking, swimming, and dancing.

BUILD SOME MUSCLE. Try to work all major muscle groups (legs, hips, back, abs, chest, shoulders, and arms). Some options include lifting weights, using resistance bands, or doing body exercises, such as wall push-ups, sit-ups, and squats.

WHAT TO DO? Do things you enjoy, and consult with your provider before starting a physical activity plan! Simple things like walking or gardening are quick ways to start physical activity habits.

WHAT TO DO? Aim for 2.5-5 hours of moderate intensity cardio per week. It may be practical to divide physical activity through the week according to your schedule, and if you're just starting, start slow.

WHAT TO DO? Aim for muscle-strengthening activities 2 days a week. Don't be afraid to ask a trainer or knowledgeable friend for help to get started!



List your favorite type of cardio activity:



List your favorite type of strength training activity:

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/