

LET'S GET MOVING

Diabetes and Exercise

Being active is good for almost everyone - including people with diabetes.

Active people often:

- Have less stress
- Have better blood sugar control
- Look and feel better
- Have more energy



Some Inside Exercises



Stretching
floor or leg exercises



Dancing light
jogging in place

Some Outside Exercises



Fast walking
gardening



Bike riding
team sports

The First Step:

Always talk to your doctor before you start to exercise
Pick 1 or more ways to be active that you like. You can be active inside, outside, or both!