

Exercise and Diabetes

Exercise—It's Good For Life!

Exercise can help you:

- Lower your blood sugar
- Lower your blood pressure
- Control your cholesterol
- Lose weight (with healthy food choices)
- Lower risk for heart disease and stroke
- Lessen stress
- Make your body stronger

Plan for success!

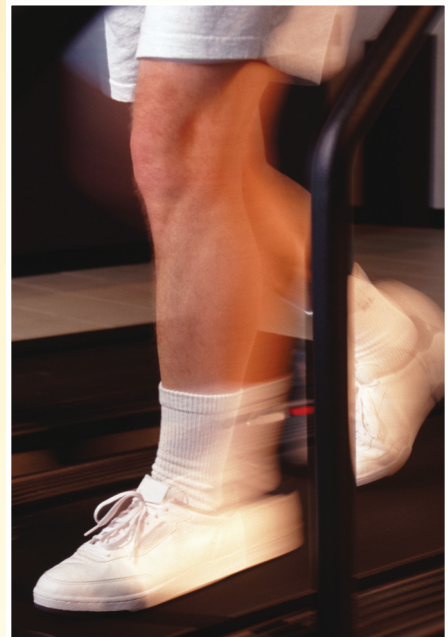
Be safe and have fun:

- Talk with your doctor about what activities are right for you
- Know low blood sugars and what to do about them
 - Have a plan of action if your blood sugar falls below 70 mg/dL
- Check your blood sugar before and after activity
 - Eat a snack if your number is below 100 mg/dL
 - Don't exercise when it is above 300 mg/dL
- Try to be active about 30 minutes a day at least 5 days a week
 - Start slowly and work up to 30 minutes
 - Be active in smaller amounts at different times of the day
- Drink water before, during, and after activity
- Warm up and cool down for 5-10 minutes
- Wear shoes that fit well and clean, dry socks
- Check your feet for redness or sores after activity

What counts as exercise?

Anything that gets you moving counts as exercise. You can:

- Walk
- Dance
- Work in the house or yard
- Take the stairs
- Go to aerobics classes
- Ride a stationary bicycle
- Swim, skate, or play tennis



Always talk with your doctor before you begin an exercise program.

This material has been developed by GlaxoSmithKline.