

## DIABETES AND EXERCISE: THE BASICS

## **BENEFITS OF EXERCISE FOR PEOPLE WITH DIABETES:**

- » Reduces risk of heart disease and early death
- » Improves blood sugar control in Type 1 and Type 2 Diabetes
- » Helps with weight loss and/or weight maintenance
- » Reduces risk of heart disease and early death
- » Improves strength, bone density, mobility, balance, sleep, and brain function

## **BEFORE YOU START AN EXERCISE PROGRAM:**

- » You should **contact your primary care provider** before starting any exercise program, especially if you have been inactive or aren't used to exercising
- » Make sure you have shoes that fit well and aren't too tight or too loose

## PHYSICAL ACTIVITY RECOMMENDATIONS:

- Your goal should be to do 150 minutes of moderate-intensity aerobic exercise, spread out over the course of 3-4 days each week. That means you'll exercise for about 40-50 minutes on the days you are active
- Days off are important, but don't go more than two days in a row without exercise
- » In addition to the aerobic exercise each week, you should also do resistance exercises two times each week.
  Your resistance exercise days can either overlap with your aerobic days, or you can do your resistance work on the days you don't do aerobic exercise