

- you may sometimes need to adjust your insulin dosage or eat something before or during activity to avoid hypoglycaemia. Speak to your diabetes team about how to do this and what is best for you
- wear proper fitting, closed-in shoes for your activities. See a podiatrist for advice on foot care and appropriate footwear
- check your feet after your workout, looking for redness, blisters or other signs of wear and tear. If your feet sweat, change your socks
- drink plenty of water
- avoid exercise if your blood glucose levels are very high and you have ketones present.

Helpful hints to stay motivated

- Set yourself small, achievable goals that you can work towards
- track your progress and reward yourself when you reach a goal
- choose activities you like to do. Vary them so you don't get bored
- exercising in a group, with friends or family, can help to maintain interest
- listen to music while you exercise
- try using a pedometer. It's a fun, easy way to measure your steps

- sign up for a charity walk, fun-run or cycling event. Having a goal to participate in an eventsupporting a worthwhile cause can be great motivation.

**Physical Activity.
The benefits start the
day you do!**



DIABETES
AUSTRALIA

New South Wales

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LIVING WELL WITH DIABETES

PHYSICAL ACTIVITY

The benefits of getting active

Regular physical activity:

- improves blood glucose control
- improves heart health
- lowers blood pressure and cholesterol levels
- improves blood glucose control
- helps with weight management
- improves your mood
- makes you feel good
- reduces the risk of developing complications.



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Physical Activity Action Plan

Put together a minimum 30 minutes of at least moderate intensity physical activity every day.

- Aerobic activities that get your large muscles moving are recommended. Walking, bike riding and swimming are all good forms of aerobic activity
- Thirty minutes can be divided into three 10-minute sessions.
 - *Moderate activity can be described as the intensity of a brisk walk*
- for extra health benefits, include vigorous exercise activities
 - *vigorous activity can be described as the intensity of going for a jog or run*



- if weight loss is your goal, more activity is better (60-90 minutes)
- be active in as many ways as you can
- limit how long you spend sitting, watching TV or surfing the net

Aim to include strength training at least two to three times a week.

- Strength training activities that make you use your muscles against a resistance are recommended. Lifting weights, push-ups and squats are all examples of strength training
- perform 8-10 different exercises targeting all of the large muscle groups in the body, including arms, legs and abdominals
- perform 8-10 repetitions of each exercise. Repeat two to three times
- select a weight you cannot lift more than 8-10 times in a row
- if you are a beginner, start with lighter weights and progress to heavier weights once you have developed good technique.

Remember to:

- Discuss your exercise intentions with your doctor first
- start slowly
- wear loose-fitting comfortable and appropriate clothing

- stay well-hydrated
- avoid exercising in the extreme heat. In hot weather, exercise in the morning or later at night
- if you are sick or unwell, wait until you feel better before performing your usual physical activities
- seek advice from an exercise professional before beginning a strength-training program.

For people with diabetes: Do I need to worry about my diabetes when exercising?

People with diabetes can have other medical problems such as heart disease which they may not be aware of.

Check with your doctor before doing physical activity that is harder or more than you normally do.

- If you take insulin or certain types of diabetes tablets you may be at an increased risk of hypoglycaemia during or after exercise. Talk to your doctor or diabetes educator about the effect of exercise on your blood glucose levels
- if you are at risk of hypoglycaemia, check your blood glucose levels before and after exercise and always carry hypo treatment with you during activity