



Diabetes Education

Diabetic Exercises

Did you know?

Physical activity is a great way to meet people and improve your health.

Your doctor can tell you about the kinds of exercises that are good for you.

How often should you exercise?

You should exercise at least 30 minutes (working your way up to 45 minutes) on 5 or more days of the week.

Know your ABC's of diabetes:

reach your goals:

✓ EVERY 3-6 MONTHS
• **A1c:** Below 7%

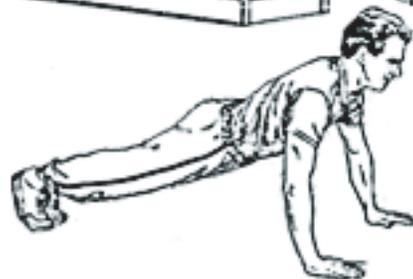
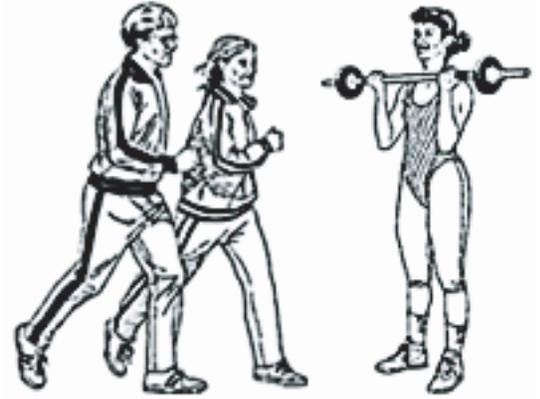
✓ EVERY VISIT
• **Blood Pressure:**
Below 130/80mmHg

✓ ONCE A YEAR
• **Cholesterol LDL:**
Below 100mg/dL

Good types of physical activity for people with diabetes.

Walking vigorously, hiking, climbing stairs, swimming, aerobics, dancing, bicycling, skating, skiing, tennis, basketball, volleyball, or other sports, are just some examples of physical activity that will work your large muscles, increase your heart rate, and make you breathe harder – all important goals for your fitness.

In addition, strength training exercises with hand weights, elastic bands, or weight machines can help you build muscle. Stretching helps to make you flexible and prevent soreness after other types of exercise.



"America's First Choice for Healthcare."