

Benefits of Exercise

Getting Ready to Exercise

Always check with your health care provider before you begin an exercise program. You may need a checkup to ensure that your body can handle it. You may even need a stress test to be sure that your heart is healthy enough.

Some Common Benefits Are:

- More energy
- Lower blood pressure
- Lower triglycerides
- Increased strength
- Better blood sugar control
- Lower cholesterol level
- Less medication
- Easier weight control

Getting Started

Start slowly once you have your health care provider's approval. Whatever the exercise you choose, make sure it is something that you'll like.

Good aerobic exercise includes brisk walking, biking, swimming, jogging, and dancing.

You should not lift weights if you have a diabetes-related eye disease or high blood pressure.

Do less than you think you can at first, and increase your efforts slowly. If you overdo it, you may not continue.

Test your blood sugar before and after you exercise. Do not exercise if your blood sugar is greater than 250 mg and you have ketones in your urine or your blood sugar is less than 100 mg. Carry a snack of quick-acting carbohydrate if you take diabetes medicine. Good choices are juice, glucose gel or tablets, a small packet of honey, or some Life Savers®.

If you exercise more than usual you may have problems with low blood sugar. Check your blood sugar and be prepared to treat it.

Drink plenty of water, especially on hot days.

Wear a visible diabetes ID.

The benefits of regular activity will last a lifetime.

Don't give up. Set yourself up for success.

