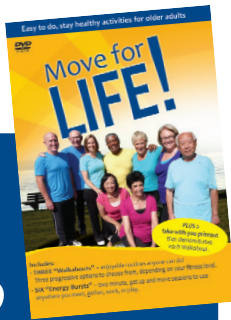


# Move for LIFE!

## Type 2 Diabetes & Physical Activity



### The Move for Life DVD



shows older adults ways to keep strong and healthy by adding physical activity options to their daily routines.

For more information or to order a copy of the DVD please contact:

**Health and Seniors  
Information Line at  
1.800.465.4911  
[www.actnowbc.ca](http://www.actnowbc.ca)  
[www.bcrpa.bc.ca](http://www.bcrpa.bc.ca)**

## Why it's important to be physically active—

If you have type 2 diabetes, doing regular physical activity helps your body use insulin more efficiently so it can control your level of blood glucose (sugar) better.

Here are some of the ways physical activity helps people who have type 2 diabetes:

- ❖ Improves your mood and how you feel about yourself.
- ❖ Reduces depression, anxiety, stress and tiredness.
- ❖ Improves sleep.
- ❖ Reduces your risk of related chronic diseases, like heart disease, kidney disease and eye disease.
- ❖ Reduces your risk of nerve damage which can lead to amputation.
- ❖ Increases your body's sensitivity to insulin so you may require less medication.
- ❖ Improves the health and strength of your heart and lungs.
- ❖ Helps you lose body fat or maintain a healthy weight. This also increases insulin sensitivity and may reduce the amount of medication you need.

# Remember - Every Move is a Good Move!

## Preparing for activity

### BEFORE

#### you start any physical exercises

- Check with your doctor to see what types and amounts of physical activities are best for you.
- Check with your doctor to see if increasing your physical activity will affect the medication you're taking. Also, find out if any of your medications will affect your ability to be physically active safely or your response to activity.
- If you're taking insulin and becoming more physically active, check your blood glucose level before, during and after activity. It's important to know how activity affects your glucose level.
- You may need to change how much carbohydrate you eat and/or insulin you take. Before starting an activity, eat a snack and give yourself some time for your glucose level to go up.
- Do a warm-up to prepare your body for being physically active and prevent injury.
- Carry some type of fast-acting carbohydrate with you (like glucose pills or candies), in case you get low blood glucose (also known as hypoglycemia) during an activity.
- Carry medical identification with you.
- Wear supportive, well-fitting shoes.
- Consider doing activities with a partner.
- Drink water before, during and after activity.

### AFTER each physical activity session

- Do a proper cool-down.
- You may need to eat a snack or reduce your insulin dose after doing an activity.

## Recommended physical activities

If you have type 2 diabetes, you should be physically active on a regular basis, preferably every day. Here are some recommended activities:

- Choose activities you enjoy. This makes it more likely that you'll keep doing them.
- Both aerobic activities (like walking, cycling and swimming) and resistance activities (like strength training or weight lifting) are helpful.
- You may have to start slowly with 5-10 minutes of activity per day. Gradually increase your daily total by 5 minutes each week.
- Once you're used to doing 10 minutes of activity twice a day, increase the amount of time or effort. Slowly work up to doing at least 150 minutes of moderate to vigorous activity per week (for instance, 30 minutes of brisk walking on 5 days per week). You should aim to be active at least 3 days per week.
- Depending on your fitness and medical condition, physical activity should be done with a light to hard effort.
- When you feel ready, add resistance activities like lifting weights or chair exercises once a week. Start with 1 set of 10-15 repetitions at a moderate weight or resistance. Slowly progress to doing 2 sets of 10-15 repetitions. Then progress to 3 sets of 8 repetitions at a heavier weight. Gradually work up to doing resistance activities 3 times a week.
- Stretch or do yoga 4-7 days a week.
- Remember, it may take time to work up to doing these activities. Physical activity is still beneficial even if you use a lower level of effort. Every bit of activity is helpful for your health and wellbeing.
- If you have nerve damage, you may need to do low intensity activities that don't require your legs to carry your full weight (for instance, biking or swimming). You can also do day-to-day activities like walking and lifting groceries.

*TIP: Repetitions are the number of times you do an exercise. A set is a group of repetitions. Be sure to take a rest after each set.*