

Healthy Living for Elders: Exercise and Diabetes¹

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Exercise is one of the best things you can do for your health.

Exercise can help you control your blood sugar levels, reduce body fat, and decrease your risk of heart disease. Below are some tips to help you create a fun and healthy exercise program. Start today!

Being Physically Active Reduces the Risk of:

- ◆ Heart disease
- ◆ Diabetes
- ◆ Stroke
- ◆ High Blood Pressure
- ◆ Osteoporosis
- ◆ Depression
- ◆ Obesity
- ◆ Falls and bone fractures



Getting Started

- ◆ Start slowly and build up.
- ◆ Find activities that you enjoy.
- ◆ Accumulate 20-40 minutes of moderate activity on most days of the week.
- ◆ Drink plenty of fluids.
- ◆ Warm up before you start, and cool down at the end of your exercise routine.
- ◆ Stretch before and after exercising.

It can also help you sleep better, improve posture and balance, maintain independent living, and improve quality of life.

Before Starting to Exercise:

Talk to your doctor. He or she may want you to have a physical exam. Your doctor can suggest exercises that are best for you.



Exercise Recommendations for People with Diabetes:

- ◆ Get a thorough medical exam before you start.
- ◆ Check your blood sugar before and after exercise.
- ◆ Exercise 1- 1½ hours after eating to prevent low blood sugar reactions.
- ◆ Be prepared to treat low blood sugar. Always carry juice, non-diet soda, raisins, or another fast-acting source of sugar.
- ◆ Inspect your feet daily and after exercise.
- ◆ Avoid exercise during periods of very high blood sugar (400 mg/dl or more).

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