Being Active with Diabetes
An active lifestyle is easy and affordable

**Moderate**
- Walking briskly
- Biking slowly
- Water aerobics
- Tennis (doubles)
- General gardening
- Water aerobics

**Strength**
- Weight training
- Light weights
- Push-ups
- Sit-ups

**Vigorous**
- Running
- Swimming laps
- Tennis (singles)
- Biking quickly
- Heavy gardening
- Aerobic dance

**AERobic Activity: 150 minutes of moderate OR 75 minutes of vigorous per week**

Try taking the stairs or parking farther away and walking to fit in extra physical activity.

Safety Tip: Talk to your doctor before starting any new physical activity.

Aim for 8-10 different exercises, repeating each one 8-12 times.

Aim for 30 minutes or 10 minutes 3 times per day, 5 days per week.

Safety Tip: Talk to your doctor before starting any new physical activity.
# Being Active with Diabetes

An active lifestyle is easy & affordable

According to the Centers for Disease Control and Prevention, physical activity provides health benefits for everyone. It can help your body become stronger, increase endurance and flexibility, assist with weight control, help you sleep better, decrease pain, improve mental health, and improve balance and coordination.

## Precautions
- **Talk to your doctor** before starting any new physical activity
- **Check blood sugar** before and after being active to ensure it isn’t too high
- **Wear sturdy shoes** and check feet often
- **Drink water** before, during, and after exercise
- **Have carbohydrate snacks** (dried fruit, juice, etc.) available during and after exercise
- **Carry an ID or phone**

## Getting Started
- **Find activities you enjoy**
- **Be active with a friend**
- **Set a goal**

## Follow FIT principles
- **Frequency**
  - Start with 1-2 days/week
  - Build up to 5-7 days/week
- **Intensity**
  - Start with simple activities (stretching, walking, etc.)
  - Build up to a moderate level
  - Start with a short amount of time
  - Build up to 150 minutes/week
- **Type**
  - Vary the type of activity
  - Fit in strengthening, flexibility, and endurance activities

## Fitting It In
- **Break activities into 10 minute segments**
- **Get up and move throughout the day**
- **Everyday activities count**
  - Walk to the mailbox
  - Take the stairs
  - Park a little further away
- **Start new habits**
  - Take a walk every evening
  - Stretch while watching TV
  - Plan an active family activity each week

## Affordability
- **Contact the gym/medical insurance to find out about free gym memberships**
- **Walk or jog at the park or mall**
- **Work in the yard**
- **Play games with your kids, like soccer or tag**
- **Use your body** (instead of stretch bands or weights)
  - Wall push-ups
  - Toe and chair stands
  - Knee curls
  - See how at [https://go4life.nia.nih.gov](https://go4life.nia.nih.gov)

## Benefits
- **Lowers A1C and blood pressure**
- **Assists with weight control**
- **Improves mood**
- **Lowers stress and anxiety**
- **Boosts energy**
- **Improves heart, cardiovascular system, and muscle strength**
- **Increases flexibility and improves balance**

## Resources
- [https://go4life.nia.nih.gov](https://go4life.nia.nih.gov)
- [https://health.gov/paguidelines/guidelines/chapter4.aspx](https://health.gov/paguidelines/guidelines/chapter4.aspx)

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Eating Healthier with Diabetes

Healthy choices can be affordable choices

**Vegetables**
- What vegetables can my family afford?
  - Try fresh in-season vegetables, plain frozen, and canned

**Grains**
- What is a serving?
  - Try smaller portions. One package could be many servings

**Proteins**
- Meat can be expensive. What other protein can I eat?
  - Try nuts, beans, canned fish, and eggs

**Fruits**
- How can I enjoy fruit and control my blood sugar?
  - Try fresh fruits, canned fruits in their own juice, and plain frozen fruit for a treat

**Dairy**
- What kind of dairy is a healthy choice?
  - Try skim and 1% milk and non-fat yogurt

Pasta
Macaroni & Cheese = Whole 1%
Tuna
Frozen Cauliflower
Eating Healthier with Diabetes

Healthy choices can be affordable choices

To stay healthy with diabetes, focus on what’s on your plate. Fill half of your plate with non-starchy vegetables. The other half should be filled with grains and protein. Fruits and milk should be on the side. Fruits, milk, and grains will raise your blood sugar so pay attention to serving sizes. If you eat more of one, eat less of another. For example, if you eat 2 servings of grains (2 slices of bread), skip the fruit or milk. Eating this way can actually be really cheap! Let’s explore how and why...

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### Fruits

**Blood Sugar:** ++

**Good to Know:** Will raise blood sugar, especially dried fruit and fruit juice. Serving size is important!

**Check your Plate:** 1 small piece of fruit

**Benefits:** Helps you feel full, full of vitamins and fiber

**Some Examples:** 1 small apple, apricot, banana, orange, peach; 1 small bowl of berries, grapes, melon, pineapple

**Suggestion:** Try a serving of fruit for dessert

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### Vegetables

**Blood Sugar:** -

**Good to Know:** Does not include corn, peas, potatoes, pumpkin, or winter squash

**Check your Plate:** ½ of your plate

**Benefits:** Won’t raise blood sugar, helps you feel full, full of vitamins and fiber

**Some Examples:** 1 cup cooked or raw beets, broccoli, carrots, cauliflower, cucumbers, green beans, radishes; 2 cups kale, spinach, leafy greens

**Suggestion:** Try adding spices, herbs, and oils to add great flavor, especially to roasted vegetables

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### Grains

**Blood Sugar:** ++

**Good to Know:** Will raise blood sugar- read labels to find out serving sizes

**Check your Plate:** ¼ of your plate

**Benefits:** Provide energy, fiber, and vitamins

**Some Examples:** 1 slice bread, ½ bun or English muffin, ⅓ cup of bulgur, corn, pasta, peas, popcorn, potatoes, pumpkin, winter squash, rice

**Suggestion:** Aim for whole-grain products (first ingredient is whole-grain)

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### Proteins

**Blood Sugar:** +

**Good to Know:** Will raise blood sugar a small amount

**Check your Plate:** ¼ of your plate

**Benefits:** Helps you feel full, gives you energy

**Some Examples:** Beef, beans, canned tuna, eggs, fish, nuts, peanut butter, poultry, tofu, cheese

**Suggestion:** Try lean cuts of meat—they are healthier and often less expensive

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### Dairy

**Blood Sugar:** ++

**Good to Know:** Will raise blood sugar- avoid high sugar products like chocolate milk and flavored yogurt

**Check your Plate:** 1 cup milk/yogurt, ½ cup pudding/ice cream

**Benefits:** Good for your bones, gives you energy

**Some Examples:** Milk (skim or 1%), low-fat plain yogurt, sugar-free pudding

**Suggestion:** Try plain yogurt with some fruit for a healthy dessert or snack. Skip starches if you do.

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**Blood Sugar Key:**

- won’t raise blood sugar
- + will raise blood sugar a little
++ will raise blood sugar a lot

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