



We all can think of reasons not to exercise... no time, boring, hate to sweat... you know the excuses. But exercise can really pay off in control of your blood sugar, if you are diabetic. It improves your heart, muscle strength, endurance and flexibility. Exercise can lower cholesterol level, provide more energy, and even give you a better attitude!

If you combine exercise with diet change, the weight you lose is more likely to stay “lost” than if you try to lose weight by diet alone. However, you should always talk to your doctor before beginning any exercise program. If you are diabetic, you may need to have your medication or diet changed. Once you have the ok, DO IT!

Know What “Exercise” is to You

It doesn't have to be strict or hard or boring to work.

- Walk as fast as you comfortably can for 20 minutes three or four times a week. Try the mall or the park! If that's too boring and takes too much time, pick two days a week at a set time of day that you'll get out and walk for five minutes!

- Dance to music you like.
- Step in place while you watch TV and rotate your arms.
- Get a gentle exercise video and follow along.

Change Your Routine!

- Use the stairs instead of the elevator. If you can't do all the floors, start with one and work up.
- Park at the far end of the parking lot or get off the bus one stop early and walk where you are going.

Do You Like Sports? Try One of These:

Water aerobics or swimming (check with your doctor if you have an open wound.) Try to bicycle (real or fixed). Use the oars when you go fishing. You can check out the local health club or gym. You can play catch with your children or grandchildren.

Any Activity is a Good Activity!

As you get in the habit of exercising, increase the time you spend until you get to 20 minutes a day for three or four days a week. You'll notice the difference in no time!