

## PHYSICAL ACTIVITY

The best thing you can do for your diabetes and your general health is to be physically active. Physical activity can be walking, swimming, cycling, tennis or playing golf.

Physical activity provides wonderful benefits to your body by making your insulin work more efficiently and therefore reducing blood glucose levels. It reduces blood pressure, lipid levels (such as cholesterol and triglycerides) and the risk of heart problems.

As well as these benefits it also makes you feel good, relieves stress and lifts your mood. There are two types of activities that provide these benefits. Cardiovascular activities such as walking, swimming, cycling that improve your heart, lungs and circulation. The other equally beneficial activity is strength training or resistance training that involves lifting weights.

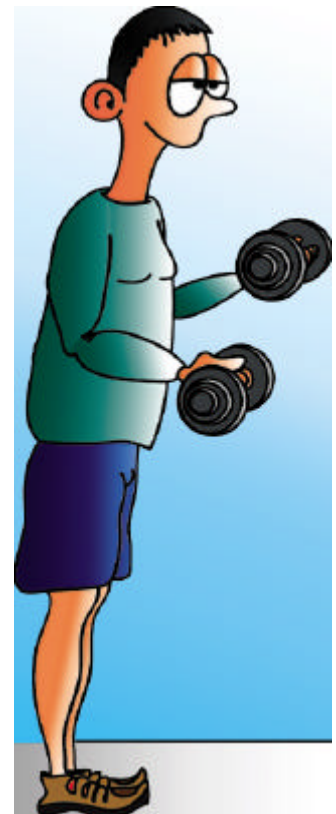


Just 30 minutes of activity everyday at a pace which you notice your breathing, can provide you with these wonderful benefits.

The best news is that the 30 minutes can be divided into 2 lots of 15 minutes or 3 lots of 10 minutes.

Also 2 or more sessions of strength training per week has been shown to reduce blood glucose levels and make people feel fitter and stronger.

So with all these wonderful benefits what's the best way to get started?



## Getting Started the Smart Way

Have a medical checkup if you are 40 years old or older and:

- if you have eye or kidney damage related to your diabetes. Choose an activity that is not vigorous or high intensity. Weight lifting could cause an elevation in blood pressure and should be discussed with your doctor.
- if you have heart or circulation problems it is advisable to have an 'exercise test' that can only be organised by your doctor
- if you have nerve damage in your feet take care when selecting footwear. Always check your feet including the soles after your activity for signs of redness, swelling, blisters and breaks in the skin
- if you are on certain tablets, and insulin you need to take precautions to avoid low blood glucose levels (called hypoglycaemia or hypo's). If you are taking : Diamicon, Minidiab, Melizide, Daonil, Euglucon, Glimel or Rastinon it is possible you could have a low blood glucose level or what is sometimes also called a "hypo". If you are taking one of these tablets or you are on insulin always test your blood glucose level before you are active. If your blood glucose is less than 6mmol/L you will need to have something to eat such as a piece of fruit or a sandwich. Always take with you treatment for a "hypo" such as jelly beans, or non diet soft drink. See the information on "Hypo's". If you would like information on physical activity and for people on insulin see "Off to a Flying Start" (Available from One Stop Shop or on the this website).

Got your doctors OK ✓

Now's it's time to make a plan and set some goals so you can make it happen! Fill out your physical activity plan on the next page and put it up somewhere where you can see it daily.

Physical Activity

**MY PHYSICAL ACTIVITY PLAN**

Activities or exercise that I enjoy

\_\_\_\_\_

\_\_\_\_\_

Fill out activities you will do on these days

**MONDAYS**

Activity: \_\_\_\_\_

Time of day: \_\_\_\_\_

Minutes of Activity \_\_\_\_\_ min.

**TUESDAY**

Activity: \_\_\_\_\_

Time of day: \_\_\_\_\_

Minutes of Activity \_\_\_\_\_ min.

**WEDNESDAY**

Activity: \_\_\_\_\_

Time of day: \_\_\_\_\_

Minutes of Activity \_\_\_\_\_ min.

**THURSDAY**

Activity: \_\_\_\_\_

Time of day: \_\_\_\_\_

Minutes of Activity \_\_\_\_\_ min.

**FRIDAY**

Activity: \_\_\_\_\_

Time of day: \_\_\_\_\_

Minutes of Activity \_\_\_\_\_ min.

**SATURDAY**

Activity: \_\_\_\_\_

Time of day: \_\_\_\_\_

Minutes of Activity \_\_\_\_\_ min.

**SUNDAY**

Activity: \_\_\_\_\_

Time of Day: \_\_\_\_\_

Minutes of Activity \_\_\_\_\_ min.

Date I will start: \_\_\_\_\_

Source(s) of support: \_\_\_\_\_

Things I need to take care with (eg. footcare, hypoglycaemia) \_\_\_\_\_

\_\_\_\_\_

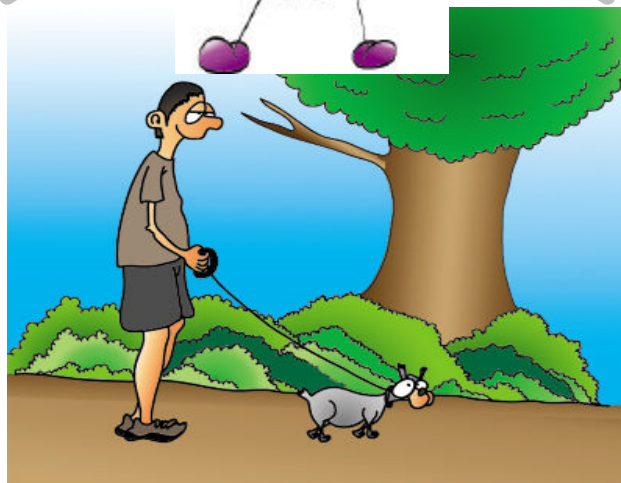
Physical Activity

Activity Ideas

Ball room dancing  
Walking the dog  
Squash  
Cricket  
Rugby  
Water Aerobics  
Croquet

Bowls  
Skipping  
Gym  
Football  
Swimming  
Tai Chi  
Bocci

Tennis  
Roller Blading  
Basketball  
Soccer  
Aerobics  
Bush walking  
Cycling



## Resources

Local Government and your community health centre often provide information on different activities in your area at a reasonable price.

- Exercise Video's from your local library or video store
- Trading Post for purchasing weights, bicycles, stationary bikes and treadmills.
- Active at Any Age – 03 9666 4357
- Active for Life – Infoline 1800638 594
- Bicycle Victoria – 03 9328 3000
- Federation of Victorian Walking Clubs – 03 9455 1876
- Victorian National Parks Association – 03 9650 8296



**Look for opportunities to move**



**Aim for 30 minutes of activity per day in which you notice your breathing**



**Don't delay - start today**