

Being active is important for your Diabetes

What good things could being more active do for you?



Improves
glycaemic
control



Improves
blood
pressure



Improves
cholesterol



Reduces
need for
medications



Empowers
patient to feel
in control



Improves
general
fitness



Reduces risk of
diabetic
complications

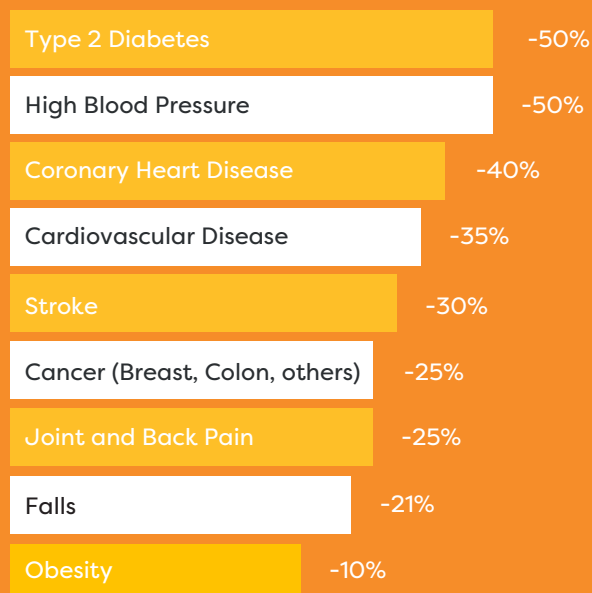


Reduces risk of
cardiovascular
complications



Improves
life
expectancy

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my general fitness?



Less
fatigue



More
motivation

Increased
physical
activity

Stronger
muscles

Improves
fitness

Follow these Top Tips to keep you active:

- 1** The benefits outweigh the risks
- 2** Remember to start slow, progress gradually and make it enjoyable.
- 3** Build up your confidence
- 4** The benefits to those who are inactive are huge - you need to do less activity to get the same benefits as someone who is more active!
- 5** Check your feet and always wear appropriate footwear
- 6** Listen to your body
- 7** If you are on sulphonylurea or insulin avoid physical activity within 2 hours of a meal as that is the period you are most at risk from hypos (although the risk is very low in Type 2 Diabetes) (Holt et al., 2017; Zammit & Frier, 2005)
- 8** If you are on insulin/sulphonylurea check your blood sugar level the first time you do a new exercise, so you know how your body reacts
- 9** Take part in physical activity with friends or in a group for support and motivation
- 10** Wear your alert bracelet and/or tell someone where you are going

Build activity into everyday life:

