



Living well with Diabetes: Active Living

If you are physically active, you are less likely to develop type 2 diabetes. Physical activity also helps control blood sugar levels in people who have diabetes. Being active also helps you:

- ◆ deal with life problems (stress) and feel more energetic
- ◆ keep your weight down
- ◆ lower your chances for heart disease (heart disease is a serious problem for people with diabetes, especially if they smoke)
- ◆ tone or build up your muscles

Being more active does not mean that you have to join a gym or work out with weights. You can get regular exercise by going for a walk each day, gardening, picking berries, snowshoeing, swimming or playing with your kids. It is important for you to stay active all year long.

Make sure you don't try to do too much all at once. Do activities that you enjoy. Ask your family and friends to support you. Parents should encourage their children to be active.

Build up your activity slowly — don't forget to listen to your body. You should try to work up to about 30 to 60 minutes of physical activity almost every day. Every minute counts — try doing 10 minutes at a time. If you want more information, take a look at Canada's Physical Activity Guide to Healthy Active Living at www.healthcanada.ca/paguide.

It's never too late to get active. Even if you're disabled or injured, activity can help you be more healthy and to feel better.

Remember, you should always talk to your health care provider before you start an activity program or if you need more information.

What is diabetes?

Diabetes is a lifelong condition where your body does not produce enough insulin, or your body cannot use the insulin it produces. Your body needs insulin to change the sugar from food into energy.

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For more information please visit www.healthcanada.ca/diabetes

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