

# 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

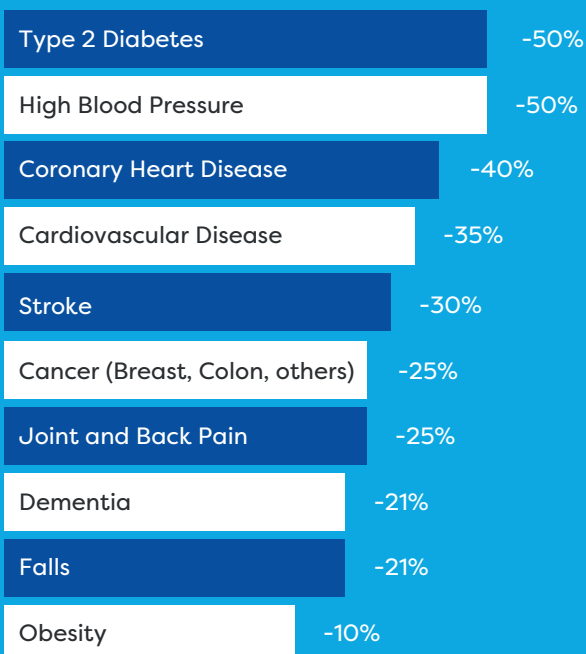


Reduces risk of cardiovascular complications



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:

