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:

<table>
<thead>
<tr>
<th>Condition</th>
<th>% Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type 2 Diabetes</td>
<td>-50%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>-50%</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>-40%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>-35%</td>
</tr>
<tr>
<td>Stroke</td>
<td>-30%</td>
</tr>
<tr>
<td>Cancer (Breast, Colon, others)</td>
<td>-25%</td>
</tr>
<tr>
<td>Joint and Back Pain</td>
<td>-25%</td>
</tr>
<tr>
<td>Dementia</td>
<td>-21%</td>
</tr>
<tr>
<td>Falls</td>
<td>-21%</td>
</tr>
<tr>
<td>Obesity</td>
<td>-10%</td>
</tr>
</tbody>
</table>

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:

- Yoga/pilates/tai chi
- Swimming or aqua class
- Exercise class
- Throwing ball in park with child
- At play
- Cycling
- Walk
- Public transport
- Travelling
- Gardening
- Housework: doing the hoovering
- At home
- Carrying shopping bags
- At work
- Standing at your desk
- Standing to talk on telephone
- Walking up stairs
- Walking meeting
- At play