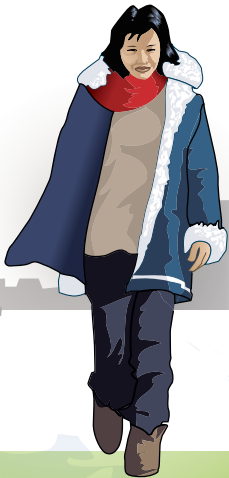


# PHYSICAL ACTIVITY AND DIABETES

People who are physically active are less likely to develop Type 2 Diabetes.

Benefits of physical activity:

- Being active helps you lose weight. This can help to manage back pain and knee pain. Physical activity builds and maintains healthy bones, muscles and joints.
- Being active helps you deal with life's stresses and feel better.
- Working your muscles helps you manage your blood glucose and prevent the complications of diabetes.
- Being active helps lower your blood pressure and lowers your level of blood cholesterol. This lowers your risk for heart disease.



## Be more active!

Remember, you don't need to do it all at once. Add up your activities in periods of at least 10 minutes each. Aim for 30-60 minutes a day. Your goal should be to complete at least 150 minutes of activity each week. That's just 30 minutes, 5 days a week. Stop your activity and see your health professional if you get:

- Chest pain
- Short of breath
- A fast heartbeat
- Dizzy, confused or shaky



# PHYSICAL ACTIVITY GUIDELINES AND TIPS



## Guidelines



Be active at least **150 minutes a week** to achieve health benefits.



Focus on **moderate to vigorous aerobic activity** throughout each week. This can be broken into sessions of 10 minutes of more.



Get stronger by adding activities that **target muscles and bones** at least two days a week.



Combine **aerobic and strengthening activities** to improve your health and well-being.



Here are some tips to help you get active!

- Choose a variety of physical activities you enjoy. Try different activities until you find the ones that feel right to you.
- Get a routine – set a regular run or walk, hit the gym or arena and do some planned exercise. Make it social by getting someone to join you.
- Take the dog for a long walk.
- Go for long hikes and be active when you go out on the land.
- Move yourself – use active transportation to get places. Whenever you can, walk, bike, or run instead of taking the ATV, snowmobile, car or truck.
- Limit the time you spend watching TV or sitting in front of the computer during leisure time.
- Spread your sessions of moderate to vigorous aerobic activity throughout the week. Do at least 10 minutes of physical activity at a time.
- Join a team – Take part in sports and recreation activities in groups. You and your friends can be active together.



SET A GOAL • MAKE A PLAN • PICK A TIME AND PLACE  
EVERY STEP COUNTS!



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