



Exercise and Nutrition


Why?

Eating healthier and being active can help improve:

- Blood glucose (blood sugar)
- Blood pressure
- Cholesterol levels
- Weight


How?

Get Active!



Engage in at least 150 minutes or more of moderate or vigorous physical activity per week

Engage in resistance exercises 2-3 times per week

For older adults, complete flexibility and balance training 2-3 times per week




Interrupt sitting every 30 minutes

Eat Healthier!

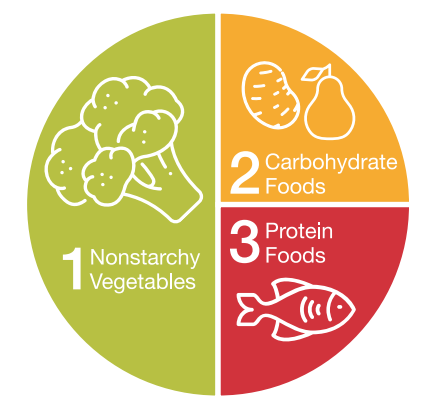


Work with a Registered Dietitian Nutritionist to find an eating plan that's right for you



Work toward maintaining a healthy weight

Different eating plans can be considered for preventing and managing diabetes. Visit diabetesfoodhub.org for eating plans.



Not all activities are right for everyone with diabetes. Be careful when starting new activities, and check with your doctor if you have questions.

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)

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