



Importance of Physical Activity

This handout accompanies the physical activity video series from the American Diabetes Association® for people who are looking to reduce their risk for or manage type 2 diabetes. These activities are great for anyone with diabetes, but talk to your health care professional before beginning any new type of exercise.

Physical activity can help you prevent, delay, or manage type 2 diabetes. Physical activity isn't just going to the gym or engaging in intense exercise, it's any type of movement that increases your heart rate, blood flow, and muscle activity.

Benefits of Getting Active



Physical activity helps you lose weight. The more you move, the more calories you burn.

Being active can also help reduce your risk for, or manage type 2 diabetes by increasing your body's ability to use blood glucose (blood sugar) for energy, which lowers it.

Other benefits include:

- Better sleep and mood
- Improved balance
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress level
- More energy
- Stronger muscles

Ways to Get Active

There are plenty of fun ways to get active!



Aim to be active at a moderate pace. A great way to test this is the talk test. If you can talk while you do any of the activities above—but you can't sing while you do them—you're at the right pace!



Making an Action Plan

Work toward at least 150 minutes of physical activity each week. That's 30 minutes a day, five days a week. It may take you a while to reach that goal, but if you make small changes over time, you'll get there!

PRO TIP: Try breaking up the 30 minutes by moving for 15 minutes twice a day or 10 minutes three times a day.



Get active now and prevent, delay, or manage type 2 diabetes!