

Exercise and your Diabetes - Type 2 Diabetes on diet or tablets

Patient Information Leaflet

Exercise helps improve both your general health and your diabetes control.

EXERCISE CAN:

- ❖ make you feel good
- ❖ help you to control your weight
- ❖ improve your circulation
- ❖ lower your blood glucose levels.

IMPROVING HEALTH THROUGH EXERCISE MAY HELP YOU:

- ❖ manage the stresses and strains of life
- ❖ reduce your risk of heart disease
- ❖ prevent brittle bones (osteoporosis) in later life
- ❖ reduce the risk of some cancers e.g. cancer of the colon
- ❖ keep you mobile and independent in later life.
- ❖ You can get all of these benefits from gentle, moderate or strenuous exercise.



www.careopinion.org.uk

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk

For further information go to:
[Diabetes MCN website](#)

HOW MUCH EXERCISE AND PHYSICAL ACTIVITY SHOULD YOU DO?

- ❖ 30 minutes of moderate physical activity on five or more days of the week can improve health. You should aim to be active every day.
- ❖ If you are new to exercise then think of this as a target level and build up to it gradually. For example, 3 x 10 minute chunks of activity a day.
- ❖ **Moderate** means enough to raise your heartbeat and make you feel warm and slightly, although not uncomfortably, out of breath. For example, you should be able to talk.
- ❖ **Physical activity** can include gardening, brisk walking, cycling, swimming and dancing as well as playing sports.

HOW TO GET STARTED? QUESTIONS TO ASK YOURSELF

- ❖ Can I include more activity regularly in my everyday life?
- ❖ Can I use stairs rather than lifts, walk a couple of bus stops or park further away from work or the shops?
- ❖ How can I vary my activity so that I don't get bored?
- ❖ What time of day is best? Pick a time when your energy levels are highest.
- ❖ How long will my activity last and how energetic will I be?

You may need to be examined by a doctor before taking up strenuous exercise.

Pub. date:	March 2021
Review date:	March 2023
Issue No:	05