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.

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.
- 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.

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