

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



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.



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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.

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