



Diabetes: Be Active!

Physical activity helps prevent, delay and manage the effects of type 2 diabetes.

If you have diabetes, being active helps to:

- Manage blood sugar levels
- Lower the risk of complications like blindness and amputation
- Improve circulation and reduce numbness in hands, feet, legs and arms
- Speed up healing
- Lower blood pressure and cholesterol
- Lower the risk of heart attack and stroke
- Achieve a healthy weight
- Improve the quality of life and well-being

Daily physical activity will help achieve a healthy body weight and improve overall health

The Canadian Society for Exercise Physiology (CSEP) released the new *Canadian Physical Activity Guidelines* in 2011 along with other helpful tools and resources. (www.csep.ca)

To get health benefits, adults need at least 150 minutes of moderate-to-vigorous aerobic physical activity per week (at least 10 minutes at a time). Children and youth need at least 60 minutes of moderate-to-vigorous aerobic physical activity each day. Muscle and bone strengthening activities that use major muscle groups (at least 2 days a week for adults, and 3 days a week for children and youth) will lead to even greater health benefits.

Increase your activity slowly

Don't start exercising too fast or too hard. Gradually build up to about an hour a day. If you haven't been active lately, or if you have health problems, talk to your health care provider before starting.

To increase your physical activity level you can add daily activities like walking with a neighbour, canoeing with friends, and playing street hockey with your kids. If you're up and moving, you're being active and improving your health.

To learn more about diabetes and physical activity, visit your local health care provider, or go to:

- www.healthcanada.gc.ca/ADI
- www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php
- www.diabetes.ca/files/PhysicalActivity.pdf
(Canadian Diabetes Association)

Aboriginal *Diabetes* Initiative