

# Being Active

## THROUGH THE SEASONS

Physical activity is an important part of managing diabetes, prediabetes or other chronic conditions. No matter where you live, there are activities you can do all year long that can help you feel better and manage your condition. From outdoor activities like walking or gardening, to cold weather movement like shoveling snow or indoor stretching, it's important to make time to get up and move throughout the day.

### Here are some of the many benefits of physical activity:

- Lowers blood sugar for 24-48 hours.
- May reduce the need for medication.
- Decreases risk of heart disease.
- Improves mood.
- Increases energy.
- Helps with sleep.
- Decreases stress.
- Strengthens bones.
- Helps balance.
- Improves flexibility.



## Cardio Exercise

For best results, the recommendation is to perform moderate exercise for 150 minutes each week or vigorous activity for 75 minutes. This averages out to 30 minutes of moderate activity per day. This type of activity is known as cardiovascular, or aerobic exercise, because it gets your heart pumping.

### Moderate Activities for Cool Weather

- Walking
- Cross country skiing
- Ice skating
- Using a snow blower
- Raking leaves
- Dancing

### Moderate Activities for Warmer Weather

- Biking on flat surface
- Recreational swimming
- Gardening
- Water aerobics
- Pushing a lawn mower
- Shooting baskets



## Vigorous Activities for Cool Weather

- Shoveling snow
- Downhill skiing
- Jogging
- Hiking uphill
- Playing an indoor sport



## Vigorous Activities for Warmer Weather

- Swimming laps
- Jogging
- Biking on a hill
- Soccer
- Tennis
- Basketball game



## How to Prepare for Activities in Cool/Cold Weather

- Stay hydrated.
- Check your blood sugar frequently.
- Be prepared to treat low blood sugar.
- Wear layers of clothing.
- Protect your insulin and blood glucose meter from the cold.
- Keep your feet warm and dry:
  - Wear waterproof boots in snow.
  - Inspect your feet for any red areas or rashes.

## How to Prepare for Activities in Warm/Hot Weather

- Stay hydrated.
- Check your blood sugar frequently.
- Be prepared to treat low blood sugar.
- Protect your insulin and blood glucose meter from extreme heat.
- Avoid sunburn.
- Protect your feet:
  - Wear closed toe shoes.
  - Inspect your feet for any red areas or rashes.

But what if you don't have time for physical activity? The good news is that even small amounts have a positive impact on your health!

- Break up activity into shorter, more manageable chunks of time. Start with 5 or 10 minutes and work your way up to 30 minutes.
- Be more active in your daily routine. Make an effort to sit less and move more.
  - Park farther away.
  - Take the stairs.
  - Take breaks from sitting. Stand up every hour.
- Choose an activity you enjoy.
- Find an exercise buddy or join a group or class.

## Strength Training Exercise

In addition to cardiovascular activity, activities to improve strength, balance and flexibility are important to include at least 2 days per week. These can be done indoors throughout the year.

### Examples include:

- Yoga
- Pilates
- Lifting weights
- Stretching
- Strength training
- Working with resistance bands
- Push ups
- Sit ups
- Carrying heavy shopping bags



## Keep A Log

Tracking your activity will help you remember how often you are actually able to be active and can act as a motivator. For example:

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/10/24	✓		✓		✓		✓
Activity	Walking		Swimming		Walking		Biking
Minutes	15		30		20		40

## Setting a goal is as easy as 1-2-3

Living with a chronic condition means that you have the opportunity to manage it in the way that works best for you. Goal setting is key to successful self-management of diabetes and prediabetes. Setting goals helps you to identify something you need or want and then set realistic steps to make it happen.

**1. Take small steps.** Often you will need to set several small goals in order to achieve a larger goal. For example, if you want to walk 1 mile without stopping, start by focusing on how much you can walk in 5 minutes or walking as long as you can.

**2. Make your goals SMART to keep you on track.**

**Specific**—Be detailed in what you're planning to do.

**Measurable**—Give yourself a target number of times to meet the steps to accomplishing your goal. Make it trackable.

**Achievable**—Pick something that you're pretty confident you will be able to do.

**Realistic**—Make sure you are ready to work towards your goal.

**Timely**—What is your deadline? When will you meet your goal?

**3. Understand that life happens** and you might encounter setbacks to meeting your goals. That is ok! The thing to keep in mind is not that you experience ups and downs but that you keep moving toward your goals. Keep trying and don't give up!



# Goal Setting Worksheet

**What do you want to achieve?**

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**What is your SMART goal to work towards that?** Answer these questions:

Specific (What will you do?)

Measurable (How much will you do?)

Achievable (When?)

Realistic (How often?)

Timebound (How long?)

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**How important is this goal for you?**



Not Important

Very Important

**How confident are you that you will be able to achieve your goal?**



Not Confident

Very Confident

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**What might get in your way?**

**What can you do about it?**

**Remember: You can do it—one step at a time!**