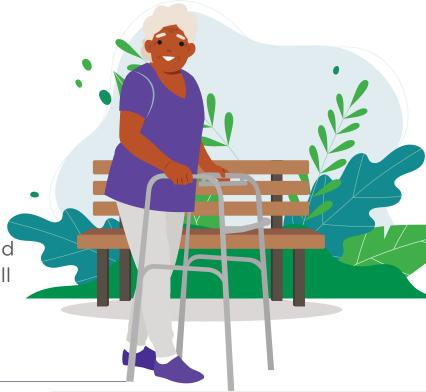
Make Moving Easier: Being Active
WITH TYPE 2 DIABETES

For people with Type 2 diabetes and physical limitations, this material will help with ideas to get—and keep—you moving



## **Importance of Physical Activity**

Moving your body can help:

- Improve sleep and boost energy for your busy day
- Reduce stress and improve self-esteem
- Build and maintain strength
- Connect with and meet other people

# **Physical Activity and Heart Health**

When you have Type 2 diabetes, physical activity helps improve your blood pressure, cholesterol level, and glucose (blood sugar).

# **Ideas to Make Activity More Comfortable**

Use these tips to get started with a physical activity plan:

- Find a time of day you feel best.
- Apply a warm towel or heat pack to painful joints, or take a warm shower before beginning exercise to help lessen pain.
- Listen to your body and change to shorter bouts of activity more frequently if you have pain or get tired.

## **Physical Activity Goals**

Any amount of physical activity is good for your health. These are the current recommendations for adults:

#### **30** minutes

of moderate aerobic activity (such as water or seated activities) and can be adjusted to shorter sessions throughout the day.

#### **5 DAYS PER WEEK**



Muscle-strengthening activity (resistance bands or weights)

#### 2-3 DAYS PER WEEK

Moving more, even with limitations, can be physically and emotionally rewarding. Use this resource to start a conversation with your health care team to create a plan that works for you.

## **Focus on Being Active in a Safe Way**

Start slow and gradually increase the time spent on physical activities. Before you start, talk with your doctor/health care team about your particular health considerations. When becoming more active, note these actions to take to be safe:

- Make sure your assistive equipment is working properly
- Carry a phone in case you need to contact someone

- Stay hydrated
- Take care of your feet and wear comfortable footwear

# If you have physical limitations, the activities and adjustments below may help make movement easier:

Type of Activity	Try This Adapting the Activity for Physical Limitations	Especially If You Have These Conditions	Benefits of the Adapted Activities Include
Aerobic Activity	<ul> <li>Chair exercises involving large muscle group movement of arms, legs, and torso, such as arm circles, side/overhead reaches, marching</li> <li>Low-impact aerobic activities like swimming/water walking</li> <li>Short walks</li> <li>Short bouts of housework</li> </ul>	<ul> <li>Muscle or joint/ arthritis issues</li> <li>Nerve or foot issues</li> <li>Tend to fatigue easily</li> </ul>	<ul> <li>Moving arms and legs while seated gets your heart pumping and lungs working in a safe and comfortable way</li> <li>The buoyancy of the water reduces stress on bones, joints, and muscles</li> <li>Doing short bouts of low- impact activity builds up your endurance</li> </ul>
Strength Training Activities	<ul> <li>Chair exercise using hand weights, resistance bands, water bottles</li> <li>Pool exercises with water resistance equipment like foam dumbbells, noodles, water web gloves</li> </ul>	<ul> <li>Muscle or joint/ arthritis issues</li> <li>Nerve or foot issues</li> </ul>	<ul> <li>You can do this from the comfort and safety of a chair</li> <li>Safer to do in the water and more comfortable. Be sure to use handrails and consider non-slip shoes</li> </ul>
Balance Improvement Exercises	<ul> <li>Tai chi with slow, continuous movements</li> <li>Chair yoga slow, gentle movements and holding poses for several seconds</li> <li>Supported balance exercises with a chair, like standing on one foot</li> </ul>	<ul> <li>Muscle or joint/ arthritis pain</li> <li>Nerve or foot issues</li> <li>Balance issues</li> </ul>	<ul> <li>Safer activities that can be modified and help with balance</li> <li>Allows you to progress with your level of activity over time</li> <li>A chair provides support and increases stability during the activity</li> </ul>
Flexibility Exercises	<ul> <li>Chair yoga moving your body as far as it can move, bend and stretch</li> <li>Slow, warm-up movements of large muscles such as arm circles and swings, shoulder rolls, leg swings</li> <li>Stretching and holding the stretch for several seconds</li> </ul>	<ul> <li>Muscle or joint stiffness</li> <li>Pain or discomfort</li> </ul>	These exercises can be done seated, standing, or lying down to help your muscles and joints

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