



## Being active with a health concern.

### Type 2 Diabetes

For a person with diabetes being active helps:

- insulin to work better, which improves diabetes management
- lower blood pressure, improve cholesterol and reduce the risk of heart disease
- control weight and reduce stress and tension

For further information talk to your health care professional.

Aim for 30 minutes of moderate activity on most, (if not all), days of the week. You do not have to do your 30 minutes all in one go. Activity can be broken down into snack-size pieces (10 minute intervals): a **SNACKTIVITY**. Start increasing general activity like taking the stairs instead of the lift, getting up to change the TV station instead of using the remote control, move around doing housework and gardening.

Physical activity tips for people with diabetes:

- Drink extra fluid before, during (if prolonged activity) and after physical activity to avoid dehydration.
- Avoid foot damage: Ulcers or other lesions on the feet are a serious danger for people with diabetes.
  - Inspect your feet before and after being active.
  - Wear comfortable and well-fitting shoes.
  - Avoid activities that cause stress to the feet (e.g. running). Try stationary bike riding or brisk walking in good footwear.
- Monitor your blood glucose levels before, if possible during (at least initially), and after activity to learn how your body responds to activity. Discuss adjustments with your health care professional.
- Carry quickly absorbed glucose (eg. Jellybeans or glucose tablets), in case your blood sugar level drops too low.
- Insulin adjustment may be necessary with activity and this varies with each individual. Discuss adjustments with your health care professional.

**STAY ACTIVE:**  
Regular activity is an important part of diabetes management. It helps insulin to work more efficiently and assists with blood glucose control.

#### Important:

*Always plan your physical activity program under the supervision of your doctor or health care professional.*

*Your health care professional can help select and monitor the most suitable activities for you!*

**Find activity options at:**  
[getactivegoldcoast.com.au](http://getactivegoldcoast.com.au)

**Get up, get out...  
get active!**