

Remember to increase your physical activity by:

- ☑ Taking the stairs instead of the elevator
- ☑ Carrying your own bags
- ☑ Stretching every 30 minutes at work or while watching TV
- ☑ Walking whenever possible
- ☑ Wearing a pedometer and regularly increasing the steps you take each day
- ☑ Practicing a specific sport or exercise

Make sure to refer to your doctor, diabetes educator or dietitian to get advice on the physical activity program that you need to follow.

References:

1. Food & Fitness. American Diabetes Association. Available at: <http://www.diabetes.org/food-and-fitness/?loc=GlobalNavFF>. Accessed: December 16, 2013.
2. Benefits of Physical Activity. Canadian Diabetes Association. Available at: <http://www.diabetes.ca/-for-professionals/cpg/physical-activity-and-exercise/>. Accessed: December 16, 2013.



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Physical activity

It is GREAT to be...



It is EASY to be...



Just DON'T be ...



Physical activity



- Physical activity is considered as any movement that allows your body to burn calories
- During physical activity, muscles utilize glucose to produce energy
- Physical activity can improve your blood glucose control as well as boost your overall fitness and reduce your risk of heart disease and nerve damage

Technology and modern living limit our activities in our daily lives

For example:

- Cars have replaced walking and biking
- Elevators and escalators have replaced stairs
- TV and games have replaced exercising

Therefore, adding more physical activity throughout your day will help you manage your diabetes and improve your health by:

- Lowering and controlling your blood glucose level
- Acquiring more energy and strength
- Decreasing your stress, anxiety and fatigue
- Improving your sleeping pattern
- Helping you to lose weight and remain fit by losing extra calories and fat
- Improving your well-being
- Lowering your blood pressure
- Strengthening your muscles and bones
- Enhancing your quality of life

Exercise

Increasing your activity level is great for your diabetes and your overall health, but it should be an enjoyable and safe experience. Here are a few simple things you can do to help prevent injuries, dehydration and hypoglycemia when exercising:

- Warm up for 5 minutes before starting exercise and cool down for 5 minutes after
- Measure your blood glucose level before and after exercise
- Excessive exercise can cause hypoglycemia; light exercise is recommended
- Drink plenty of water before, during and after exercise to stay hydrated
- Always carry a source of carbohydrates with you in case you feel hypoglycemic during exercise
- Carry a cell phone in case you need help
- Keep an identification card or medical bracelet mentioning your details in case of an emergency

