

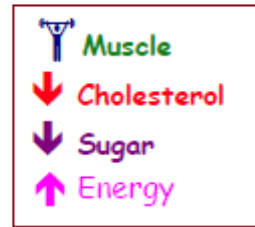
Moving Towards Daily Physical Activity!

Remember: always consult with your physician before starting your exercise plan.



What are some of the *benefits* of exercise?

- Lowers blood pressure and blood glucose
- Lowers body fat and increase muscle mass
- Lowers cholesterol and triglycerides
- Lessens arthritis pain
- Increases energy and decreases feelings of depression



What are some ways I can exercise *indoors* at home?

- Weight lifting using weights or bottles filled with water or sand
- Floor & chair leg exercises
- Turn on some music and dance
- Light jogging in place
- Yoga, stretching



What are some ways I can exercise *outdoors*?

- Walking, jogging, or running
- Swimming
- Hiking
- Gardening
- Riding a bicycle
- Playing a team sport, like soccer or baseball



Getting Started

- **Start Slow:** pick a physical activity that you like doing, and set realistic goals on your personal calendar to exercise at your own pace for at least 10 minutes every day—and gradually add more time and other activities.
- Set aside time for yourself every day to exercise alone or with a partner.
- Wear comfortable clothes and appropriate shoes and socks.
- Check your feet before and after exercising.
- Be careful and listen to your body! Start warming up before heavy exercise. If something hurts, slow down or stop the exercise until you feel better.
- Check your blood sugar—it's best to exercise when blood sugar levels are highest-1-3 hours after a regular meal
- Carry with you at all times hard candy, fruit, juice, raisins or other snacks high in sugar, in case your blood sugar gets low.
- Eat balanced, healthy meals and drink plenty of water, at least 8 glasses every day.



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