



Being active: quick guide

Being active regularly helps you look after your diabetes and stay healthy.

Benefits of regular physical activity include:



Reduces risk of heart disease and stroke



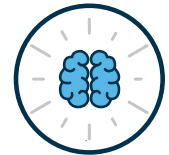
Helps keep blood glucose levels healthy



Strengthens muscles and bones



Helps manage weight



Improves mood and energy levels

Types of physical activity to do

Doing different types of physical activity is best for your body, including:

Cardio activity

Activity that gets you breathing harder and your heart beating faster, like:



Walking



Swimming



Cycling

Do 30 minutes of cardio activity on most days of the week.

Strength activity

Activity that makes your muscles and bones stronger, like:



Body weight exercise



Resistance exercise



Weight training

Do strength exercises at least 2 times a week.

Everyday activity

Movement you do as a normal part of your day, like:



Gardening



Housework



Walking to the bus stop

Try to do more than you are doing now. For example, taking the stairs instead of the lift.

Staying safe when being active



Check with your doctor or health professional before starting new exercise.



Wear shoes that fit well and check your feet after exercise.



Drink water before, during and after exercise.



Stop if you feel dizzy, have chest pain or feel unwell.

If using insulin or diabetes medicine



Ask your doctor if you need to adjust your insulin, medicines or food for physical activity.



Check your blood glucose levels before and after physical activity. Have some carbohydrates if you need to boost your levels.



Do not exercise if your blood glucose levels are above 15 mmol/L or you feel unwell.



Always carry low blood glucose (hypo) supplies with you.

Keep moving

- Check with your doctor about the types of activity you need to keep you healthy.
- Balance and coordination activities, like jumping, skipping and Tai Chi, are also good for you.
- Don't sit for long periods – get up and move around as often as possible.

Tips to start being more active

- Start slowly and build up gradually.
- Little bits of activity add up – for example walking for 10 minutes 3 times a day.
- Plan the time and days to do your exercise and put them in your calendar.
- Do something you enjoy or exercise with a friend.



The NDSS and you

For access to more resources (including in your language), scan the QR code, go to ndss.com.au or call the **NDSS Helpline 1800 637 700**.

Note: This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.