

# Physical Activity

## Why do it?

- better fitness
- longer life
- need less medication (pills, insulin), ie exercise = medicine!
- lower A1C

## Things to consider:

- avoid types of exercise that cause pain or injury
- have an ElectroCardioGram or ECG when starting exercise more vigorous than brisk walking
- prevent low blood sugar or hypoglycemia (see page 13)

## If ok to start moderate exercise:

- do cardiovascular, eg walk on level ground, bike, swim, dance:
  - 10 minutes at a time at least every 3<sup>rd</sup> day
  - 150 minutes per week (20-30 minutes per day)
- do resistance-type, eg weight machines, lifting weights:
  - safety first, ie ask an exercise specialist how
  - sample: 1 set of 10-15 repetitions progressing to 3 sets of 8
  - 3 times per week

moderate exercise = working 5-7 on a scale of 10

# Feeling Fit

