

# Diabetes and Exercise

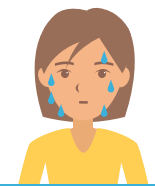
## C) Lifestyle Activities

Getting started is the important thing - any exercise is better than no activity.

- Plan active weekends.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot and walk to the office,
- Get up from desk during the day to stretch and walk around.
- Take a brisk walk for 10 minutes before lunch.
- Reduce TV and computer sitting time.

### Important tips when planning to do physical activity.

- Get your doctor's advice before start exercising.
- Know the symptoms of low blood sugar.



SWEATING



PALLOR



HUNGER



IRRITABILITY



SLEEPINESS



LACK OF COORDINATION

- Always test your blood sugar before and after exercise.



- Have at least 15 grams of fast acting carbohydrates to treat low blood sugar (less than 70 mg \ dL).



- Avoid exercise during illness.



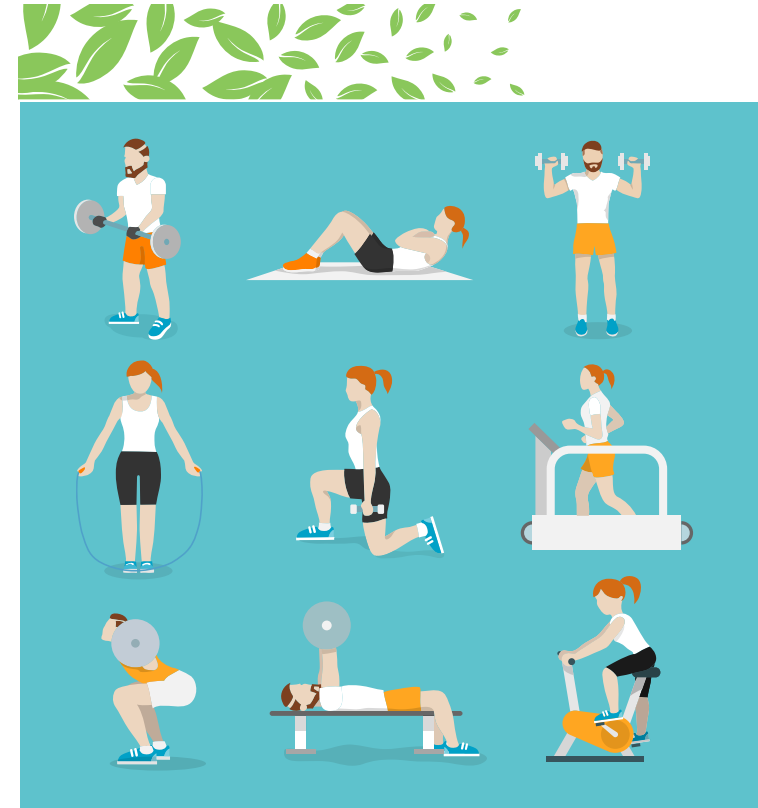
- Wear comfortable, proper fitting shoes.



- Wear a Diabetes Identification Card.



If you have heart diseases or arthritis, seek medical advice from your doctor before starting physical activities.



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## How does exercise affect diabetes?

When the body is active, cells become more sensitive to insulin so that it can work more efficiently.

So, exercising consistently can lower blood sugar and improve A1C. And this will lead you to take fewer diabetes pills or less insulin.

## What is the importance of exercise?

- Improve the body's ability to use insulin.
- Lowers blood glucose levels.
- Lowers blood pressure and cholesterol.
- Lowers your risk for heart disease and stroke.
- Burns calories to help losing weight.
- Relieves stress and helps you sleep better.
- Enhances muscle and bone strength.

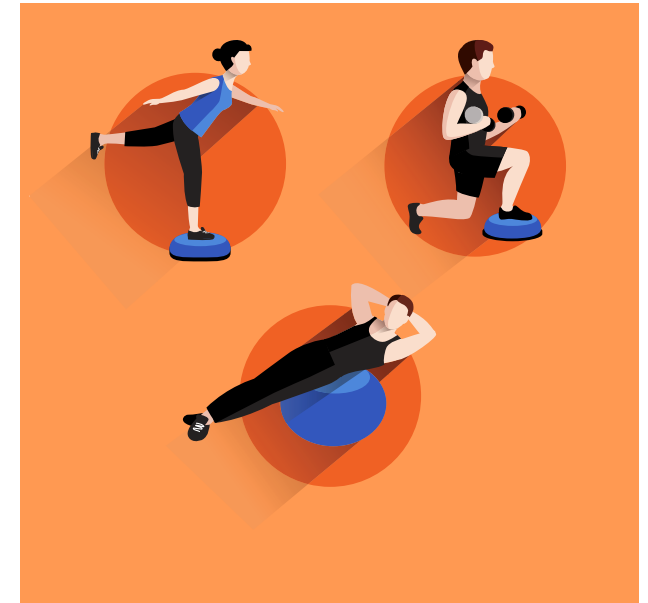
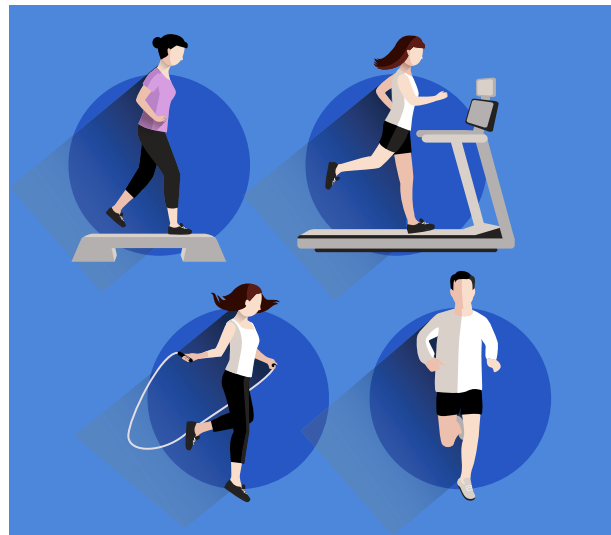
## What are the types of exercise recommended for diabetic patients?

### A) Aerobic Exercise

Aiming for 30 minutes of moderate-to-vigorous intensity aerobic exercise at least 5 days a week or a total of 150 minutes per week.

Start out with 5 or 10 minutes a day, then, increase activity sessions by a few minutes each week.

- **Moderate intensity** means working hard enough to be able to talk during the activity.
- **Vigorous intensity** means you can say few words without pausing for a breath during the activity.



### B) Anaerobic Exercise

- **Stretching and balance exercises**

Stretching exercises keep joints flexible, prevent stiffness, and may help reduce chance of injury during other activities.

Gentle stretching for 5 to 10 minutes also helps the body warm up and get ready for aerobic activities.

- **Resistance exercise**

The more body muscle, the more calories you burn, even when the body is at rest.

Doing some type of resistance training at least two times per week in addition to aerobic activity is recommended.