

Physical activity can help BEAT diabetes

**Start with a little activity every day
and add a few minutes every week
until you reach your goal.**

Getting at least 30 minutes of moderate physical activity at least 5 days a week can **HELP** you:

- ✓ Prevent or control diabetes (you *may* reduce your need for medication)
- ✓ Lose weight
- ✓ Reduce stress
- ✓ Lower your blood pressure and LDL (bad) cholesterol
- ✓ Reduce your risk of heart disease and stroke



Walk *briskly* every day: to work, to school, to do errands



Exercise while watching TV (Stretch, use hand weights, or ride a stationary bike)



Get off the subway or bus before your stop and walk the rest of the way



Put on some music and dance



Park the car a couple of blocks from where you're going and walk



Play a sport or join an aerobics class



Take the stairs instead of the elevator



Clean your house

Check with your health care provider before you start a strenuous exercise program.