

# Exercise and Type 2 Diabetes

## What are the best exercises for people with type 2 diabetes?

Aerobic exercise and strength training are two of the most important exercises for people with type 2 diabetes.

### AEROBIC EXERCISE

Aerobic exercises require the use of large muscles, and they make your heart beat faster. Aerobic exercises like brisk walking, swimming, and dancing can:

- Lower stress
- Help your body use insulin better
- Strengthen your heart and bones
- Help keep your weight on track
- Reduce your risk of heart disease by improving blood sugar, blood pressure, and cholesterol numbers

The American Diabetes Association (ADA) recommends that most people with diabetes:

- Aim for 30 minutes of aerobic exercise at least 5 days a week or a total of 150 minutes a week.
- Try not to be inactive for more than 2 days in a row.

#### I will look for ways to be more active in my daily routine:

- I will take the stairs instead of the elevator
- I will park a few blocks away from the store
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### STRENGTH TRAINING

Strength training helps you build and keep strong muscles and bones. It also helps your body use insulin better. The ADA recommends strength training 2 to 3 days a week in addition to aerobic exercise. You can try free weights, weight machines, or even resistance bands.

## My Exercise Plan

Aerobic Exercise	Strength Training
<ul style="list-style-type: none"><li>• Right now, I get _____ minutes of aerobic exercise _____ days per week.</li></ul>	<ul style="list-style-type: none"><li>• Right now, I do _____ minutes of strength training _____ days per week.</li></ul>
<ul style="list-style-type: none"><li>• By this date: _____, I plan to get _____ minutes of aerobic exercise _____ days per week.</li></ul>	<ul style="list-style-type: none"><li>• By this date: _____, I plan to do _____ minutes of strength training _____ days per week.</li></ul>
<ul style="list-style-type: none"><li>• My healthcare provider and I agree that the best aerobic activities for me are: _____ _____</li></ul>	<ul style="list-style-type: none"><li>• My healthcare provider and I agree that the best strength-training activities for me are: _____ _____</li></ul>

**Always talk with your healthcare provider before starting any exercise program.**

