

***NEED OF
EXERCISE
FOR
HEALTHY
LIFE***



What Can Physical Activity Do For You?

- Give you more energy



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What Can Physical Activity Do For You?

- Help you lose weight and keep it off



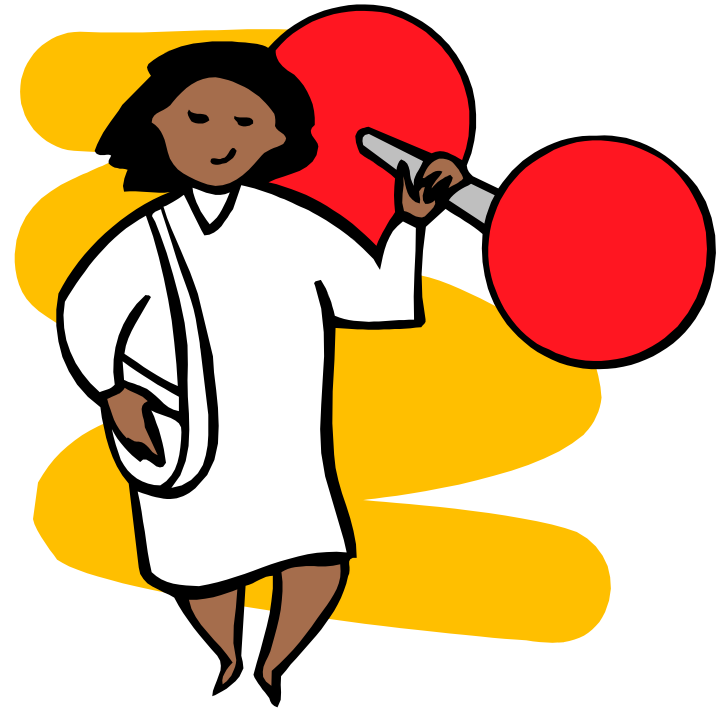
What Can Physical Activity Do For You?

- Increase flexibility and strength
- Slow bone loss
- Provide better quality of life



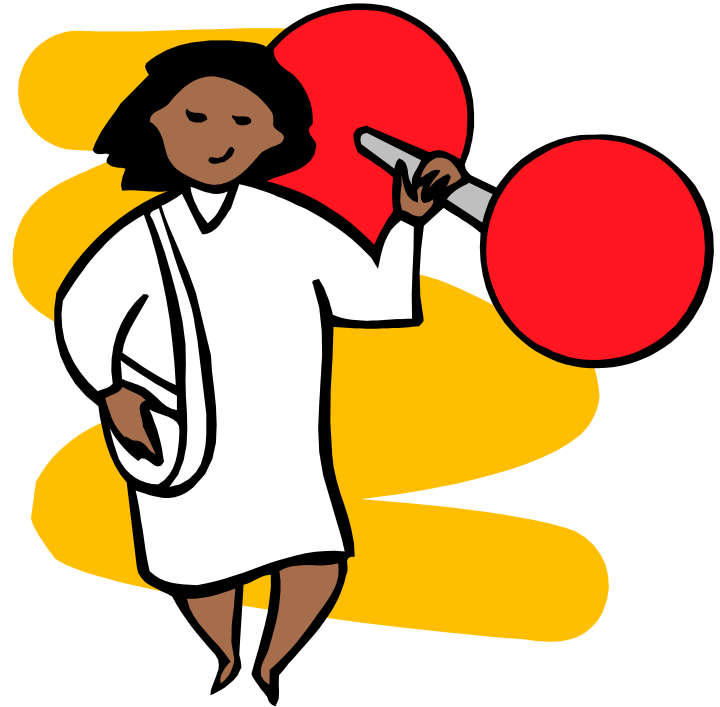
What Can Physical Activity Do For You?

- Build muscle



What Can Physical Activity Do For You?

- Build muscle



What Can Physical Activity Do For You?

- Lift your mood
- Treat depression



What Can Physical Activity Do For You?

- Reduce stress and anxiety



What Can Physical Activity Do For You?

- Improve blood glucose control (lowers A1C)



Exercise have effect on..

- Cardiovascular system
- Muscular & Skeletal System
- Respiratory system
- Nervous System
- Endocrine System

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Benefits Of Moderate Exercise And Diabetes

- **Benefits Of Exercise**
- 1) Weight Loss
- 2) Lower Blood Pressure
- 3) Reduce Risk for Heart Disease
- 4) Improve Cholesterol Ratios
- 5) Control Blood Sugar
- 6) Reduce Back and Joint Pain
- 7) Improve Balance
- 8) Reduce Medications
- 9) Increase Self Confidence
- 10) Reduce Risk For Fall



Physical Activity is Important

Wondering why physical activity is so important?

Regular activity is a key part of managing diabetes along with proper meal planning, taking medications as prescribed, and stress management.

When you are active, your cells become more sensitive to insulin so it can work more efficiently. Your cells also remove glucose from the blood using a mechanism totally separate from insulin during exercise.

So, exercising consistently can lower blood glucose and improve your A1C. When you lower your A1C, you may be able to take fewer diabetes pills or less insulin.

Physical activity is also important for your overall well being, and can help with many other health conditions.

Benefits of Regular physical activity

Lowers blood pressure and cholesterol

Lowers your risk for heart disease and stroke

Burns calories to help you lose or maintain weight

Increases your energy for daily activities

Helps you sleep better

Relieves stress

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Benefits of Regular physical activity

Strengthens your heart and improves your blood circulation

Strengthens your muscles and bones

Keeps your joints flexible

Improves your balance to prevent falls

Reduces symptoms of depression and improves quality of life

In patients with type 2 diabetes, physical activity may improve insulin sensitivity and assist in diminishing elevated blood glucose levels into the normal range.

How to make exercise a lifetime activity

Pick activity that is enjoyable and uses most muscles

Vary duration, intensity

Group classes

Music

Walk the dog!

Set goals—health, appearance, cholesterol

Transient effect (about 72 hrs) so requires regular activity

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Forms of Exercises

- ❖ Aerobic Exercises
- ❖ Strengthening Exercises
- ❖ Stretching/Resistance Exercises
- ❖ Relaxation Exercises
- ❖ Mobility Exercises

Aerobic Activity

- Walking briskly
- Bicycling
- Jogging/running
- Stair climbing
- Swimming
- Water exercise

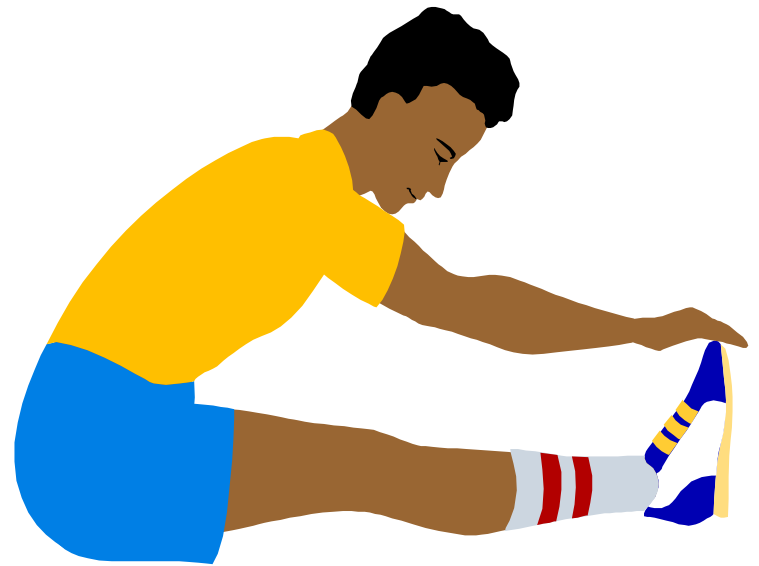
Resistance Activities

- Increase muscle strength
- Prevent falls
- Increase mobility
- Improve blood glucose control



Stretching

- Improves your balance and coordination
- Makes you more flexible
- Reduces stiffness
- Reduces your risk of injury



How Can You Begin?

- Choose activity (example: brisk walking)
- Set a long-term goal - at least 30 minutes a day, 3-5 days a week
- Buy comfortable walking shoes
- Get a partner
- Set short-term goal for one week

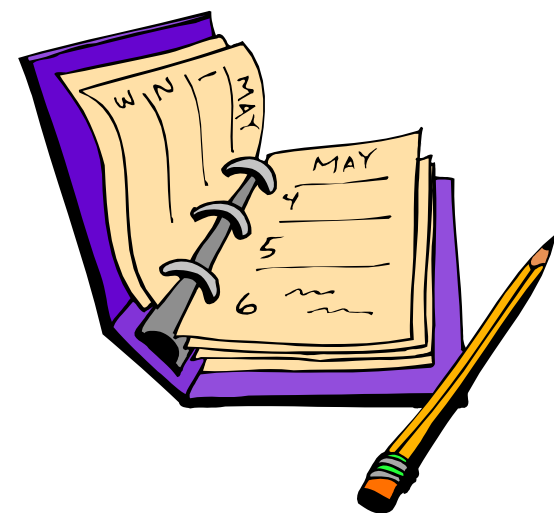


Gradually Increase Activity

Beginning Exercisers:

First Week - 3 times a week

- **Morning:** Walk 5-10 minutes
- **Lunch:** Walk 5-10 minutes
- **After dinner:** Walk 5-10 minutes



Keep track of how long and how far you walk each day

Keep Track of Your Steps

Use a pedometer

- Keep track of how many steps you normally take in a day for one week
- Gradually add 500-1,000 steps a day
- Set a goal of at least 3,000 to 4,000 steps more than your baseline



Vary Your Activities

Monday

Tuesday

Wed

Thursday

Friday

Walk

Swim/
Water
Aerobics

Walk

Swim/
Water
Aerobics

Walk

Monday

Tuesday

Wed

Thursday

Friday

Exercise
bike

Dance
class

Exercise
Bike

Dance
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Reward Yourself

- Use non-food rewards for reaching goals such as:
 - New book
 - Ticket to a movie
 - New clothes or walking shoes
 - Get-away weekend



Time to be utilized

- Mild 20 to 30 minutes
- Moderate 30 to 60 minutes
- High Over 60 minutes

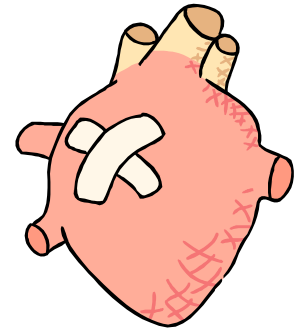
Exercising With Diabetes Complications

- If you have diabetes complications:
 - An exercise stress test is recommended
 - Don't consider diabetes a barrier to exercise
 - Most moderate lifestyle activities are safe
 - Some activities may need to be modified

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Exercising With Heart Disease



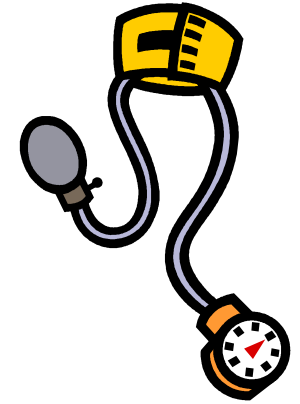
Caution:

- Very strenuous activity
- Heavy lifting or straining
- Exercise in extreme cold or heat

Choose:

- Moderate activity such as walking, swimming, biking, gardening
- Moderate lifting, stretching

Exercising with Hypertension (high blood pressure)



Caution

- Very strenuous activity
- Heavy lifting or straining

Choose

Moderate activity like:

- walking
- weight lifting with light weights
- stretching

Make sure your blood pressure is in control first

Exercising with Retinopathy (eye disease)



Caution

- Strenuous exercise
- Heavy lifting and straining
- High-impact aerobics, jogging
- Bending your head below your waist – toe touching

Choose

Moderate, low-impact activities:

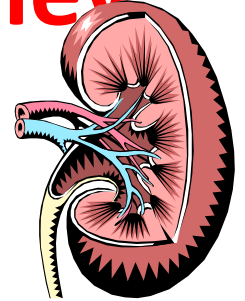
walking

cycling

water exercise

Moderate daily chores that don't require lifting or bending your head below your waist

Exercising with Nephropathy (kidney disease)



Caution

- Strenuous activity

Choose

Light to moderate activity like walking, light housework, gardening, water exercise

Exercising with Neuropathy (nerve disease)



Caution

- Weight-bearing, high impact, strenuous, or prolonged exercise:
 - jogging/running
 - step exercise
 - jumping
 - exercise in heat/cold

Choose

- Low impact, moderate activities:
- biking
 - swimming
 - chair exercises
 - stretching
 - light to moderate daily activities

Check feet after exercise

Exercise Safely

- Check your blood glucose before and after exercise
- Don't exercise if your blood glucose is too high or too low
- Carry carbohydrate to treat low blood glucose if you are at risk



Exercise Safely

- Stop exercising if you feel pain, lightheaded, or short of breath
- Avoid strenuous activity in extremely hot, humid, or cold weather
- Wear proper shoes for the activity to reduce the risk of injury

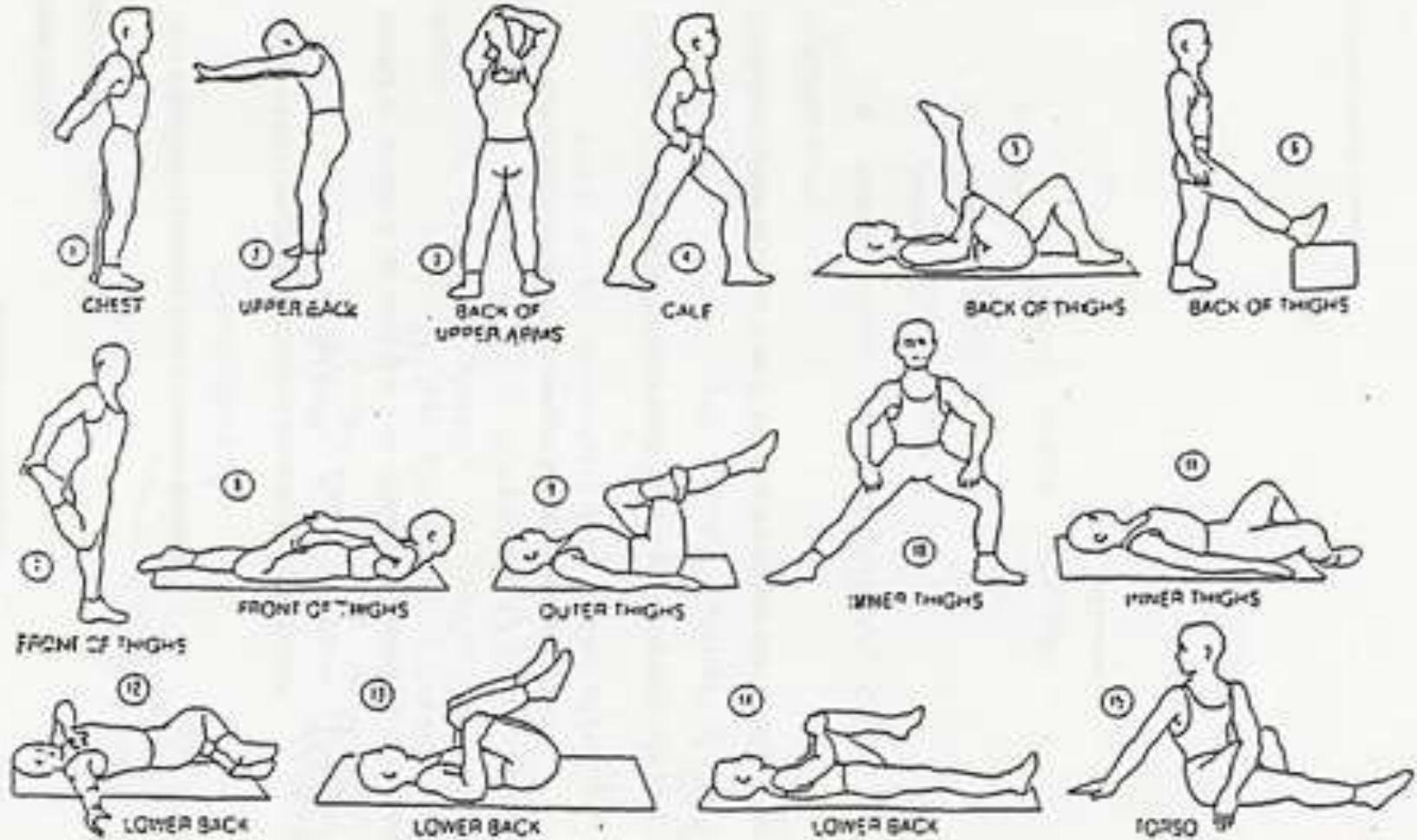


Exercise Safely

- Wear diabetes identification
- Include warm-up and cool-down sessions
- Drink plenty of fluid



Stretching/Resistance Exercises



Strengthening Exercises

Back and Core Strength #1

#1 Tabletop



#2 Bridging



#3 Pilates Crunch



#4 The Dart



#5 Front Bridge



#6 The 100



#7 Airplaning



Mobility Exercises



Neck Rotation



Shoulder Rotation



Elbow Bends



Wrist Rotation



Waist Rotation



Front Thigh Stretch



Toe Touch

Mobility Exercises



Neck Rotation



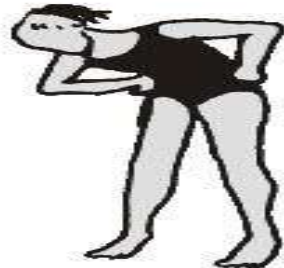
Wrist Rotation



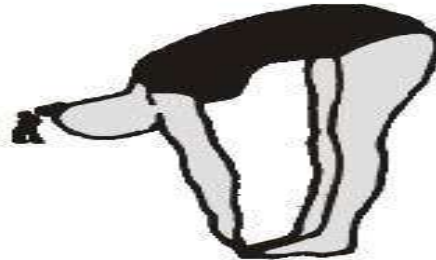
Shoulder Rotation



Elbow Bends



Waist Rotation



Toe Touch



Hip Mobility



Front Thigh Stretch



Calf Stretch



Ankle Rotation

Cardio Exercises

Cycling



Treadmill



Aerobic exercises

Running



Walking



SWIMMING



CYCLING

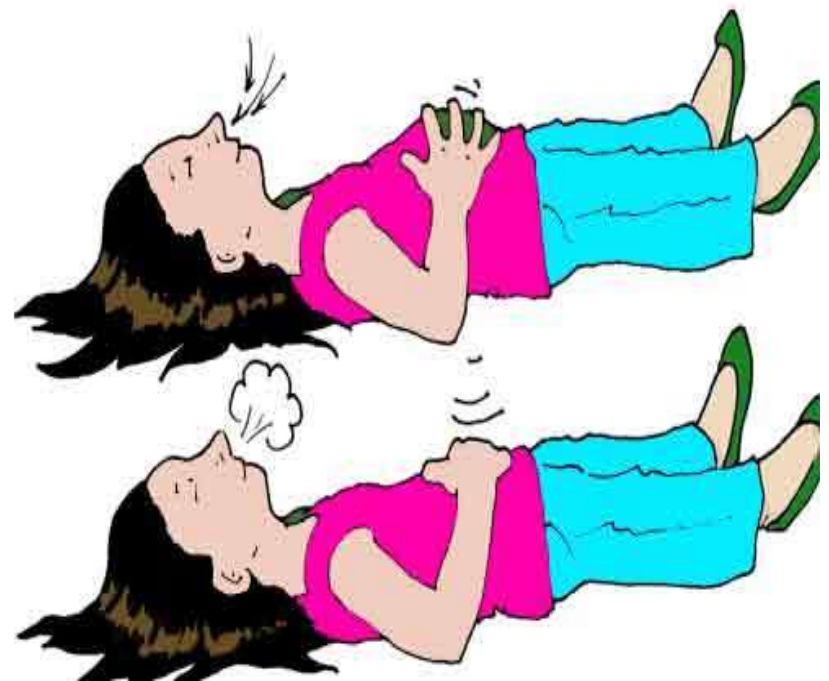


Relaxation Exercises

YOGA



Deep breathing



If you have time
to watch TV and
surf the Net, you
have time to
exercise. There's
no excuse.

www.elf.com



Stop Being Lazy. It's only one hour a day!

“Don’t Exercise after you are diagnosed with some problem.. Exercise daily to prevent the problem..”



