

Make Moving Easier: Being Active

WITH TYPE 2 DIABETES

For people with Type 2 diabetes and physical limitations, this material will help with ideas to get—and keep—you moving



Importance of Physical Activity

Moving your body can help:

- Improve sleep and boost energy for your busy day
- Reduce stress and improve self-esteem
- Build and maintain strength
- Connect with and meet other people

Physical Activity and Heart Health

When you have Type 2 diabetes, physical activity helps improve your blood pressure, cholesterol level, and glucose (blood sugar).

Ideas to Make Activity More Comfortable

Use these tips to get started with a physical activity plan:

- Find a time of day you feel best.
- Apply a warm towel or heat pack to painful joints, or take a warm shower before beginning exercise to help lessen pain.
- Listen to your body and change to shorter bouts of activity more frequently if you have pain or get tired.

Physical Activity Goals

Any amount of physical activity is good for your health. These are the current recommendations for adults:

30 minutes

of moderate aerobic activity (such as water or seated activities) and can be adjusted to shorter sessions throughout the day.

5 DAYS PER WEEK

+

Muscle-strengthening activity
(resistance bands or weights)

2-3 DAYS PER WEEK

Moving more, even with limitations, can be physically and emotionally rewarding. Use this resource to start a conversation with your health care team to create a plan that works for you.







Focus on Being Active in a Safe Way

Start slow and gradually increase the time spent on physical activities. Before you start, talk with your doctor/health care team about your particular health considerations. When becoming more active, note these actions to take to be safe:

- Make sure your assistive equipment is working properly
- Carry a phone in case you need to contact someone
- Stay hydrated
- Take care of your feet and wear comfortable footwear

If you have physical limitations, the activities and adjustments below may help make movement easier:

Type of Activity	Try This... Adapting the Activity for Physical Limitations	Especially If You Have These Conditions	Benefits of the Adapted Activities Include...
 <p>Aerobic Activity</p>	<ul style="list-style-type: none"> • Chair exercises involving large muscle group movement of arms, legs, and torso, such as arm circles, side/overhead reaches, marching • Low-impact aerobic activities like swimming/water walking • Short walks • Short bouts of housework 	<ul style="list-style-type: none"> • Muscle or joint/ arthritis issues • Nerve or foot issues • Tend to fatigue easily 	<ul style="list-style-type: none"> • Moving arms and legs while seated gets your heart pumping and lungs working in a safe and comfortable way • The buoyancy of the water reduces stress on bones, joints, and muscles • Doing short bouts of low-impact activity builds up your endurance
 <p>Strength Training Activities</p>	<ul style="list-style-type: none"> • Chair exercise using hand weights, resistance bands, water bottles • Pool exercises with water resistance equipment like foam dumbbells, noodles, water web gloves 	<ul style="list-style-type: none"> • Muscle or joint/ arthritis issues • Nerve or foot issues 	<ul style="list-style-type: none"> • You can do this from the comfort and safety of a chair • Safer to do in the water and more comfortable. Be sure to use handrails and consider non-slip shoes around the pool area.
 <p>Balance Improvement Exercises</p>	<ul style="list-style-type: none"> • Tai chi with slow, continuous movements • Chair yoga slow, gentle movements and holding poses for several seconds • Supported balance exercises with a chair, like standing on one foot 	<ul style="list-style-type: none"> • Muscle or joint/ arthritis pain • Nerve or foot issues • Balance issues 	<ul style="list-style-type: none"> • Safer activities that can be modified and help with balance • Allows you to progress with your level of activity over time • A chair provides support and increases stability during the activity
 <p>Flexibility Exercises</p>	<ul style="list-style-type: none"> • Chair yoga moving your body as far as it can move, bend and stretch • Slow, warm-up movements of large muscles such as arm circles and swings, shoulder rolls, leg swings • Stretching and holding the stretch for several seconds 	<ul style="list-style-type: none"> • Muscle or joint stiffness • Pain or discomfort 	<ul style="list-style-type: none"> • These exercises can be done seated, standing, or lying down to help your muscles and joints