

Diabetes and Exercise

Moving more can be a great part of a healthy routine when you're living with diabetes or prediabetes. Some people find the new year a helpful time to build new habits, so here are our tips to getting active.

WHY BEING ACTIVE MATTERS

Regular activity helps your body use insulin more effectively and supports a healthier heart and circulation. It can also boost your energy, mood and sleep quality.



TYPES OF MOVEMENT

You don't need to join a gym as walking, swimming, cycling or stretching count as activity. Anything that gets you moving is useful, so find what fits your lifestyle.



START SENSIBLY

Build up gradually. Begin with short, gentle activity and increase time and intensity little by little. Even breaking activity into shorter bursts throughout the day helps you reach weekly goals.



LISTEN TO YOUR BODY

Everyone responds differently to exercise. Check in with how you feel during and after activity and adjust as you go.



BALANCE AND ENJOYMENT

Being active should feel positive. Pair movement with good rest and enjoyment to create long-term habits. Don't strive for perfection but regularity.

