

EXERCISE

WHO EXERCISE RECOMMENDATION:

The World Health Organisation (WHO) recommends:

At least 150 minutes of exercise per week of moderate intensity in blocks of at least 10 minutes (e.g **30 mins exercise 5 days per week**)

OR

75 minutes of vigorous activity each week (+combinations) AT LEAST 2 sessions of muscle strengthening each week NOT on consecutive days

FOR MORE INFO:

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise?amp>

<https://www.nhs.uk/conditions/type-2-diabetes/food-and-keeping-active/>

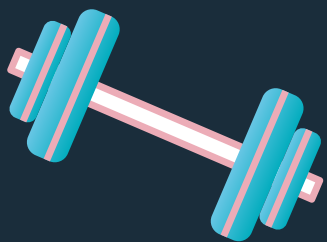
<https://www.nhs.uk/conditions/nhs-fitness-studio/>

EXERCISE AND TYPE 2 DIABETES

Your guide to keeping fit during lockdown and beyond!



All information was taken from:
<https://www.diabetes.org.uk>
<https://www.nhs.uk/conditions/type-2-diabetes/food-and-keeping-active/>

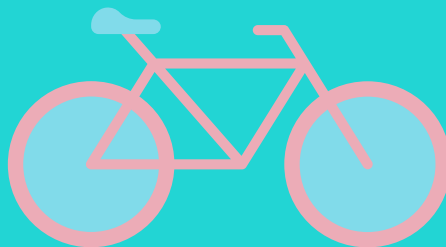


WHY EXERCISE?

- Helps the body use **insulin** better
- Helps you look after your **blood pressure**, because high blood pressure means you're more at risk of diabetes complications
- Helps to **improve cholesterol** (blood fats) to help protect against problems like **heart disease**
- Helps you **lose weight** if you need to, and keep the weight off after you've lost it – there are so many more benefits to losing extra weight
- Gives you energy and **helps you sleep**
- **Helps your joints** and flexibility
- Benefits your mind as well as your body – exercise releases endorphins, which you could think of as happy hormones. Being active is proven to **reduce stress levels and improve low mood**.
- For people with Type 2 diabetes, being active helps **improve your HbA1c**.

TOP TIPS!

- Try to involve family members and friends, exercising as partners or involving your children
- Monitor exercise with diaries, charts or even apps
- Try to plan for exercise ahead of time, integrate it into your daily routine
- Ask for support from healthcare professionals or your diabetes care team



SCARED OF A HYPO?

It may be scary to start exercising for fear of hypos as it can lower their blood sugars but not all types of exercise does this.

It is important to talk to your diabetes healthcare team for more advice but here are some tips from “diabetes.org.uk” that could help you:

- If you normally check blood sugars, keep a record of what happens when you're being active and show this to your diabetes nurse or doctor.
- If you're at risk of hypos, keep hypo treatments handy. And a snack with some carbs in.
- Wear diabetes ID so people around you can help if they need to.
- If you use insulin to treat your diabetes ensure you talk to your doctor about your dose if starting exercise.

TYPES OF EXERCISE:

01 - OUTDOORS

Getting off the bus one stop earlier
Cycling
Walking
Running if you can

02 - HOUSEWORK

Hoovering the house and cleaning all the windows, cutting the grass

DIY- time to tackle that shelf you've been putting off

Gardening – if you have a garden. If you don't, do you have any house plants you can water, prune and re-pot while standing up?

03 - ONLINE VIDEOS

The NHS has some great online videos on their fitness studio:
<https://www.nhs.uk/conditions/nhs-fitness-studio/>

There are also some chair exercises you can find here if you are less mobile: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

