

*Talk to your health care provider about your individual diabetes management plan and how these tips fit with your lifestyle.*

### Why is being active so important?

We've all heard that physical activity is good for us. That's even more true if you have diabetes. Being active is one of the most powerful tools you can use to manage diabetes every day.

#### By being active, you can:

- Lower your blood sugar.
- Lose inches and fat.
- Boost muscle strength and heart health.
- Lower your blood pressure and cholesterol.
- Help your body's insulin work better.
- Enhance your mood and feel less anxious.
- And even add years to your life.



Being active means moving your body more and sitting less. But you don't have to spend hours at the gym.

**Make being active a habit.** Here's how to start small and keep going:

- **Take it slow. Add some simple activity into your day.** Walk your dog, garden, do housework, try an exercise video, or dance to your favorite song.
- **Start with 5 or 10 minutes of activity.** It all helps! In time, you'll be ready to do more.
- **Work your way up to 150 minutes of activity per week or more if you can.** Aim for 30 minutes, 5 days a week.
- **Find a friend to be active with**—this can make it more fun and is great motivation.

*Continued*



### Ready to learn more?

Watch **Being Active and the whole video series**—and kickstart managing your diabetes now!  
[cdc.gov/DiabetesKickstart](https://cdc.gov/DiabetesKickstart)



- **Don't overdo it!** While you're active, you should be able to talk, but not sing.
- **Keep track of how activity affects your blood sugar**—check it before and after you're active.
- **Keep track of your activity using your phone or writing it down.** This helps you see your progress toward meeting your goals.



### Provider guidance

### Patient notes and questions

## Your next step?

**Ask your health care team to refer you to diabetes self-management education and support services!** You'll gain knowledge, skills, and tools to manage diabetes for a long and active life!