Plan your fitness program

Exercise is good for you in many ways:

✓ Lowers blood sugar levels by increasing muscle sensitivity to insulin

✓ Helps to balance food, insulin, and exercise

✓ Lowers body fat and helps control weight

✓ Lowers cholesterol levels and increases protective cholesterol (HDL) levels

✓ Increases energy level

✓ Improves your resting heart rate and blood pressure

✓ Strengthens your heart

✓ Provides a sense of well-being and satisfaction

Tips to get started

- Wait 30 minutes after a meal.

- Warm up with gentle stretching.

- Wear loose clothing and comfortable shoes.
  Dress for the weather, and avoid walking on hot days.

- Walk without stopping and with a rhythm.
  Swing your arms and stride along at an even pace.

- If your pulse rate at the end of your walk is greater than the upper limit pulse rate discussed with you, decrease the speed of your walk. Call your doctor if your heart rate after exercise is regularly over this level.

- Stay active all through the day. Start to think about sitting less and ways to move more.
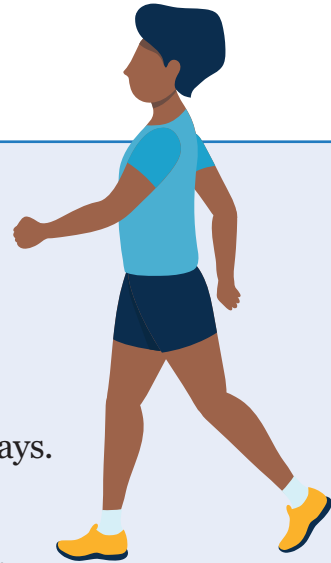
Extra steps if you have diabetes

- ❏ Check your blood sugar before and 30 minutes after you exercise
- ❏ Check your pulse before and after exercise
- ❏ Check your feet before and after exercise
- ❏ Carry a water and a snack with carbs
- ❏ Carry or wear your diabetes I.D. with name, address, medical condition, and medications.

Warning signs

Stop right away if you feel:

- 🔻 Tightness or pain in your chest, arms, ears, jaws, or teeth
- 🔻 Shortness of breath
- 🔻 Heart palpitations
- 🔻 Lightheadedness or dizziness
- 🔻 Nausea
- 🔻 Extreme fatigue

Call your doctor if you have any of these signs during or after your daily walk

Keep a daily log

You can see your progress if you keep a simple activity log. A simple chart of the date, blood sugar, amount of time of continual walking, 15-second pulse count before and at the end of the walk, and any symptoms or comments you want to add. Fill in your chart every day.

Activity Log

Use this log to track your minutes of physical activity each day. If you'd like, you can also track more details about your activity, such as what activity you did, how far you went, how fast you went, how heavy your weights were, how many steps you took, and how many calories you burned.

Date	Minutes	Activity	Pace
Monday			❏ Easy ❏ **Moderate** ❏ Hard
Tuesday			❏ Easy ❏ **Moderate** ❏ Hard
Wednesday			❏ Easy ❏ **Moderate** ❏ Hard
Thursday			❏ Easy ❏ **Moderate** ❏ Hard
Friday			❏ Easy ❏ **Moderate** ❏ Hard
Saturday			❏ Easy ❏ **Moderate** ❏ Hard
Sunday			❏ Easy ❏ **Moderate** ❏ Hard
Total Minutes		**Weekly Reflection:** Write about your wins and challenges for this week.	