

ADVICE ON PHYSICAL EXERCISE

- Physical exercise is an essential part of the treatment of diabetes. Don't forget it, together with diet and medicine. When you do physical exercise, your body consumes the excess sugar that is otherwise harmful to you.
- Exercise helps you to lose weight, improves control of your blood sugar level and reduces your blood pressure and cholesterol, thereby preventing cardiovascular (heart and blood vessel) disease. In addition, it will help you to feel better.
- To get the most benefit from physical exercise, you should do it on a daily basis, or at least several times a week, for an hour each time without interruptions.
- You need to integrate it into your everyday activities. If possible, walking to work, to the shops and whenever you go to see someone is the simplest way to do it. Walk up the stairs at home instead of using the lift.
- Going for a walk at a lively pace in your spare time instead of spending long periods watching television is a very wise decision. It is easier and safer to do it with other people. Wear comfortable shoes and look after your feet.



- The exercise that suits you best will depend on your age, fitness and habits. Regularly doing some form of non-competitive sport is also suitable. Do whatever you enjoy doing (playing games, dancing, etc.).
- You don't need to have a medical check-up before doing physical exercise provided it is not too intense. But tell your doctor if you have any problems while you are doing it (feeling ill, palpitations, sweating, dizziness). Always take a little bag of sugar with you in your pocket.
- Ask your doctor and nurse to explain to you the advantages of doing exercise. Ask them about any queries you have and share your difficulties with them. They will help you.
- If you have been diabetic for a long time and have problems with your eyes or lesions (wounds, sores) on your feet or have had major heart problems, you will need to get approval from your doctor before doing any intense physical exercise.
- For people who are obese but not yet diabetic, exercise, together with an adequate diet, has proven itself to be the most effective way of preventing the disease.