

## Get in the Walking Habit

The experts agree - walking and other exercise is important for people with diabetes. It is the great way to prevent weight gain and cardiovascular disease—the top killer of diabetics.

Wondering how to take that first step? Here are some easy ways to get active every day:

Get off the bus or subway a stop early and walk

Park your car in a farther spot and walk the extra distance

Take the stairs instead of the elevator

Walk a dog

Run around with your kids or grandkids

Buy a pedometer and challenge your friends to see who can walk the most steps in one day. Work your way up to 10,000 steps per day (5 miles)

Ask Bronx Health REACH about forming a walking club at your church



## HOW TO BE FINE, FIT AND FABULOUS

Being physically active is something that everyone should do, including people with diabetes. Exercising, along with eating a healthy diet, can help those with diabetes control their disease. If you are at risk of becoming diabetic, staying active can help you avoid developing diabetes in the future.

Before you sign up to run the next marathon or bike in the Tour de Bronx, the American Diabetes Association (ADA) recommends that people with diabetes first follow a few helpful tips. These tips can help anyone get started, especially those who have not exercised in the past.



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• “Everyone who competes in the games goes into strict training. They do it to  
• get a crown that will not last; but we do it to get a crown that will last  
• forever.” (1 Corinthians 9:25)  
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### **Visit your Doctor**

Schedule a visit with your doctor before beginning any form of exercise. If your tests show signs of disease, ask what exercises will help you without making your conditions worse.



### **Be Rational**

After making the decision to begin exercising, choose activities that are challenging but not too difficult.

### **Start Slow**

Allow yourself time to get into a routine. Start off by working out for 30 minutes for two days a week and gradually increase your days up to four. *Don't get discouraged.* Set a goal for yourself each week and once you reach it, find a rewarding way to treat yourself.

### **Check your Blood Glucose (Blood Sugar)**

Everyone's blood glucose responds to exercise in a different way. Checking your blood glucose before and after exercising can show you the benefits of activity.

### **Wear your ID**

In case an emergency occurs during your workout, a medical identification bracelet, necklace or even a medical ID tag should be worn to inform others of your condition.

### **Avoid Low Blood Glucose**

During exercise, check your blood glucose if you notice symptoms such as hunger, nervousness, shakiness or sweating. If low blood glucose is interfering with your exercise routine, try eating a snack before your workout or adjusting your medication. Talk to your doctor about what's best for you.

### **Bring a Snack**

Plan to have water and snacks available during your workout. Carry a source of carbohydrate with you, like juice or bread, in case you have to treat low blood glucose. And always drink plenty of water before, during and after activity to prevent dehydration.



#### **Who can I talk to about diabetes?**

- Talk to your doctor or nurse
- Talk to your Bronx Health REACH coordinator
- Call Bronx Health REACH at 212.633.0800 x328
- Email [bronxhealthreach@institute2000.org](mailto:bronxhealthreach@institute2000.org)