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Diabetes: Be Active!

Physical activity helps prevent and manage the effects of type 2 diabetes.

If you have diabetes, being active helps:

- Manage blood sugar levels
- Reduce risk of complications like blindness and amputation
- Better circulation and less numbness in hands, feet, legs and arms
- Healing faster
- Lower blood pressure and cholesterol
- Lower the risk of heart attack and stroke
- Achieve a healthy weight
- Improve the quality of life and feeling better

Being active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends 30 to 60 minutes of physical activity daily for adults and 90 minutes a day for children and youth. You don't have to do it all at once; 10 minutes for adults and 5 minutes for children and youth adds up fast!

Some ideas to add more activity are to: go for walks with the neighbour, canoe with your friends, play street hockey with your kids. As long as you're up and moving, you're being active and getting healthier.

Build up your activity slowly.

Don't start too fast or too hard. Build your exercise up to about an hour a day. If you haven't been active lately, or if you have health conditions, talk to your health care provider before starting to exercise.

Staying active can lower your risk of developing diabetes. If you already have diabetes, being active can help you to lead a long and healthier life.

To learn more about diabetes, visit your local health care provider, or go to: www.healthcanada.gc.ca/ADI

Aboriginal *Diabetes* Initiative

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