

## Exercise checklist:

- ✓ Talk to your doctor about the right exercise for you (choose something you enjoy).
- ✓ Check your blood sugar level before and after exercising (if you can).
- ✓ If your blood sugar level is too low or too high right before you plan to exercise, it's better to wait until the level improves.
- ✓ Check your feet for blisters or sores before and after exercising.
- ✓ Wear proper shoes and socks.
- ✓ Drink plenty of fluid before, during and after exercising.
- ✓ Warm up before exercising and cool down afterward.
- ✓ Have a sweet lolly handy in case your blood sugar level drops too low.
- ✓ Stop exercise immediately if you develop chest pain, dizziness, cold sweats and tremors (shaky hands).



# Take Control of your Diabetes!!

## UNDERSTAND DIABETES TO LIVE A FULFILLING LIFE

For more information contact the following centres:

Diabetes Hub Centre (Suva)  
325 Waimanu Road,  
Phone: (679) 3215 206/3215 370  
Fax: (679) 3307 213

Diabetes Hub Centre (Lautoka)  
Lautoka Hospital  
Phone: (679) 6660 399

Diabetes Hub Centre (Labasa)  
Labasa Hospital  
Phone: (679) 8811 444

Or your nearest health provider.



# EXERCISE

## HELPS CONTROL DIABETES MELLITUS



# ACT NOW!!

## Benefits:

- ✓ Controls your weight and reduce fat
- ✓ Lowers your blood sugar level
- ✓ Helps reduce blood pressure
- ✓ Lowers your blood cholesterol level
- ✓ Lowers your risk of heart disease
- ✓ Lowers your risk of colon cancer and breast cancer
- ✓ Builds and maintain healthy bones, muscles and joints
- ✓ Lowers stress level
- ✓ Boosts energy and mood
- ✓ Improves your overall health.

## Precautions:

- ✓ Talk to your health provider before starting your exercise program

## What if I have problems with my feet?

You need to do a type of exercise that won't put too much stress on your feet. These exercises include chair exercises, swimming, cycling or rowing.



## Types of Exercise:

1. **Aerobic** - makes your heart and bones strong.  
- eg: brisk walking (so that you are not able to sing a song), swimming, jogging, dancing, cycling or gardening.
2. **Strength training** - builds strong muscles and bones and keeps your joints flexible which reduces the risk



of having injuries.  
eg: light weights (water bottles at home) and push ups.

## How to Exercise?

- To warm up, spend 5 to 10 minutes doing a low-intensity exercise such as walking.
- Then gently stretch for another 5 to 10 minutes.
- Repeat these steps after exercising to cool down (5-10mins).

When you start an exercise program, go slowly, gradually increase the intensity and length of workout as you get more fit.

## How much exercise should I do?

- At least 30 minutes of moderate-to-vigorous intensity aerobic exercise for 5 days a week and twice a week of strength training.

## What should I do if my blood sugar is low?

Take any of the following to relieve the symptoms (feel shaky, anxious, or suddenly begin to have cold sweat):

- Fruit juice- ½ glass
- 2 tablespoons of raisins / sultanas
- Milk- 1 glass
- 2 sweet lollies
- 5 to 7 jelly beans
- 1 slice of fruit
- Mix 1 tablespoon sugar with water

If you don't feel better after 15 minutes have a proper meal.

