Physical Activity and Diabetes

What can a physically active lifestyle do for me?

- lower your blood glucose and your blood pressure
- lower your bad cholesterol and raise your good cholesterol
- improve your body's ability to use insulin
- lower your risk for heart disease and stroke
- keep your heart and bones strong
- keep your joints flexible
- lower your risk of falling
- help you lose weight
- reduce your body fat
- give you more energy
- reduce your stress

What kinds of physical activity can help me?

- being extra active every day
- doing aerobic exercise
- doing strength training
- stretching

Where can I find more information?

- National Diabetes Information Clearinghouse
  http://diabetes.niddk.nih.gov/index.htm
- World Health Organization
  http://www.who.int/topics/diabetes_mellitus/en/
- Centers for Disease Control and Prevention
  http://www.cdc.gov/diabetes/