

# Physical Activity and T2D



## Why is activity important?

- Lowers blood sugar
- Improves heart, muscle, and bone health
- Supports weight management
- Boosts mood and energy

## How much activity should I aim for?

- At least 150 minutes/week of moderate activity (e.g., brisk walking), spread over most days
- Strength training 2 times/week if possible
- Include light activity throughout the day, e.g., short walks, stretching, or household chores

## What types are safe and effective?

- Walking, cycling, swimming
- Chair exercises or light weights/resistance bands
- Stretching and balance exercises (yoga, tai chi)
- Break up long periods of sitting every 30–60 minutes

## How to start if I'm inactive or have health issues?

- Begin with 10–15 minutes/day and gradually increase
- Get medical advice if you have heart disease, eye/foot problems, or other health concerns

## What about blood sugar and exercise?

- Check blood glucose before and after activity if on insulin or medications that can cause hypoglycemia
- Carry quick-acting carbohydrate for lows

## Tips for success

- Combine aerobic and strength activities
- Make activity enjoyable – consistency is key

## Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist