

# PHYSICAL ACTIVITY

## Why is physical activity important?

- ▶ To get fit
- ▶ To stay strong
- ▶ To have fun by yourself and with other people
- ▶ To lose weight
- ▶ To improve blood sugar levels

## There are 3 types of physical activity:

- ▶ Aerobic exercises
- ▶ Strength training
- ▶ Recreational activities

## AEROBIC EXERCISES: GET FIT

### Why is it important to do aerobic exercises?

Aerobic exercises use your large muscles. They make your heart and lungs stronger. They also help control your weight and give you energy.

Here are some examples of aerobic exercises:

- ▶ Brisk walking
- ▶ Bike riding
- ▶ Karate
- ▶ Jumping rope
- ▶ Jogging or running
- ▶ Fast dancing
- ▶ Rowing

- ▶ Swimming
- ▶ Rollerblading and skating
- ▶ Yoga and Pilates
- ▶ Team sports such as basketball, soccer, baseball, and volleyball

### How often should I do them?

Try to do some aerobic exercise for 1 hour each day, most days of the week. If you're just starting to get active, build up the amount of time that you exercise. Start with 10 to 15 minutes daily. Then work your way up to an hour each day.

## STRENGTH TRAINING: STAY STRONG

### Why is it important to do strength training exercises?

Muscles need to be strong for good balance and posture. Strong muscles can also help prevent injuries.

There are three main types of strength-training exercises:

- ▶ **Exercises that use your own body weight.** Try push-ups, pull-ups, squats, and crunches.
- ▶ **Exercises with hand weights:** Use small dumbbells, wrist weights, or objects around the house such as soup cans or milk jugs half-filled with water.
- ▶ **Weight machines and free weights:** Work on your strength and muscle toning. Try to use the gym at your school or a local community center.

Try to do strength-training exercises 3 to 4 times a week.



# RECREATIONAL ACTIVITIES: HAVE FUN

## Why is it important to do recreational activities?

Doing an activity alone gives you time to yourself. Being active with friends, family, or classmates lets you have fun with others. Recreational activities can also relieve stress!

Here are some examples of recreational activities you can do by yourself or with others:

- ▶ Sports
- ▶ Dancing
- ▶ Walking or hiking outside
- ▶ Shopping with friends

List some of your favorite recreational activities:

By myself: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

With others: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Try to do recreational activities at least 1 to 2 times a week.**

## Tips for healthy recreation:

- ▶ Don't forget to stretch before and after you exercise. Good flexibility helps protect you from getting injured.
- ▶ Keep your feet healthy. High blood sugar can affect your feet. Make sure your shoes fit well so that you don't get blisters or sores on your feet.
- ▶ Make sure your blood sugar levels are in your target range.
- ▶ Know the signs of low blood sugar and high blood sugar.
- ▶ Take your blood sugar meter, diabetes medicine and a snack with 15 grams of carbohydrates just in case your blood sugar goes low.
- ▶ Ask your diabetes care team if there are times when you should not exercise. An example might be if your blood sugar is too high.
- ▶ If you have any concerns, talk with your doctor or care team.

