Physical activity is good for everyone. Being active is really important if you have diabetes. Check out these ideas on how to be more active.

Being active helps you: relax, lose weight, feel better, sleep well, lower blood glucose, have more energy, and be more alert.

Get moving! Find great activity tips
Get into action and have fun!

What’s so important about being physically active?

Being active keeps your body healthy and strong and gives you more energy. It can help you think and be more alert in school. It can also help you stay at a healthy weight or help you lose weight slowly. Being active is an important part of a healthy lifestyle.

Physical activity can make you feel better if you are in a bad mood or stressed out. It can relax you and help you sleep well. It helps your body use blood glucose (GLOO-kos), also called blood sugar, for energy. Physical activity can help keep your blood glucose in a normal range.

What activities can I do?

There are many ways you can be active. Pick things you like to do.

- Take a walk, hike, or ride a bike.
- Skateboard, roller blade, or ice skate.
- Play some music and dance with your friends. If you like video games, try a dance or other active video game.
- Play basketball, baseball, softball, golf, soccer, tennis, volleyball, or your favorite sport.
- Go bowling.

Think of other things you like to do and just move! It is an easy way to have fun.

Make physical activity a part of your daily life. Be active with your friends or family members. It is easier and more fun when you ask someone to join you.

How active should I be?

If you have not been very active in the past, start slowly. Try a few minutes each day. Do not get upset if you cannot do a lot or if you get out of breath at first—keep moving. Any amount of activity will help. Slowly work up to at least 60 minutes everyday. You might find it fun to count your steps with a pedometer (step counter). Add a few more steps each day. Over time, work up to at least 10,000 steps a day.

What should I do before being more active?

Talk to your doctor about the types of physical activity that might work best for you.

- Check your blood glucose before the start and after the end of your activity.
- If you take insulin, make sure your blood glucose does not get too low during or after activity. Always wear a Medical ID bracelet.
- Keep something handy to treat low blood glucose, such as fruit juice, glucose tablets, or a snack.
**But I hate to exercise – what can I do?**

You do not have to play a sport or go to a gym. There are a lot of things you can do to be more active:

- Do sit-ups or **jump** rope while watching TV.
- **Lift** light weights to strengthen your muscles.
- **Jog** around the block or walk fast around the mall a few times.
- Help your mom or dad **carry** groceries, **clean** the house, cut grass, do **garden** work, rake leaves, or **shovel** snow.
- Take the **stairs** instead of the elevator.
- Take your dog for a **walk**.
- Ride your **bike** instead of driving or getting a ride from your parents or a friend.

**Tips for parents to promote physical activity for teens in their community**

- **Talk to school staff** about allowing more activity time for students.
- Ask if you can schedule physical activities such as karate or dance at the school during after-school hours.
- **Involv...
Learn more!

Check out...

**National Diabetes Education Program**

to get free copies of other tip sheets for teens:

- What is Diabetes?
- Stay at a Healthy Weight
- Make Healthy Food Choices
- Dealing With the Ups and Downs of Diabetes
- Lower Your Risk for Type 2 Diabetes

www.YourDiabetesInfo.org • 1-888-693-NDEP

**American Association of Diabetes Educators**
to find a diabetes educator near you

www.diabeteseducator.org
1-800-338-DMED (1-800-338-3633)

**American Diabetes Association**
for help to manage diabetes

www.diabetes.org/planetDIABETES (1-800-342-2383)

**American Dietetic Association**
to find a dietitian near you

www.eatright.org • 1-800-366-1655

**Bam! Body and Mind**
website for help to stay healthy

www.bam.gov

**Children With Diabetes**
website for more about kids and families with diabetes

www.childrenwithdiabetes.com

**Juvenile Diabetes Research Foundation International**
for help to manage diabetes

www.jdrf.org
1-800-223-1138

**Nutrition and Physical Activity**
website for healthy eating tips and the Kids Walk to School Program

www.cdc.gov/nccdphp/dnpa/publications

**Parks and Recreation Youth Programs**
where you live. Type the name of your town or city followed by “parks and recreation youth programs” into an online search engine.

**President’s Council on Physical Fitness and Sports**
for more about physical activity

www.fitness.gov
1-202-690-9000

**Walkability Checklist**
to find a friendly place to walk

www.walkableamerica.org/checklist-walkability.pdf

**WIN – Weight-control Information Network**
for weight control help:

- Take Charge of Your Health! A Teenager’s Guide to Better Health

www.win.niddk.nih.gov/publications/take_charge.htm
1-877-946-4627

**YMCA**
for youth and family activities

www.ymca.net
1-800-872-9622

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Special thanks to the teens who helped create this tip sheet

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