

Movement in Every Moment

Physical activity is any movement that raises your heart rate

Benefits of being active include:



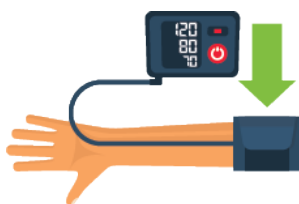
Improve heart health



Boost metabolism



Help with weight management



Lower blood pressure and cholesterol



Improve sleep

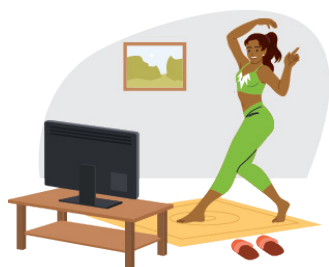


Enhance mood

Seize Every Second:

Turn Everyday Moments into Exercise

Move more and find creative ways to benefit from physical activity!



Move during commercial breaks (crunches, arm circles, jumping jacks or dance)



Phone Activity: lean back and pretend to sit in a chair, or plank in push up position



Seated movement: chair exercises are great for strength, flexibility, and cardio



Laundry - carry the basket, bend up and down



Get to cleaning!
Vacuum, sweep, mop, dust, wipe and scrub



Do squats or calf raises while brushing your teeth

Work these suggestions into your daily routine so you can get moving to manage blood sugar!

For people with diabetes, being active and moving your body is especially helpful because it lowers blood sugar.

Here are some ways to get at least 20 minutes of movement every day:

Strength or Weight Bearing



Lifting weights or resistance bands



Sit on an exercise ball to build core strength



Practice balance, like standing on one leg



Keep hand weights or cans nearby to do arm exercises



Perform up to 5 body-weight squats or sit to stands

Stretching or Flexibility



Stretch or move in place



Stretch in bed before starting your day



Do a yoga video

Cardio or Heart Pumping Activities



Ride a stationary bike or walk on a treadmill



Get moving up and down hallways or stairs



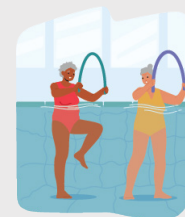
Turn on the music and have a dance party!



Set an alarm to get moving every 30 or 60 minutes



Go outside and play, take a stroll or ride a bike



Go swimming for a low-impact activity with less stress on your body