

# Benefits of Physical Activity

THE DIABETES CENTER

## Get Moving!

Physical activity is any sort of movement such as walking, dancing or working in the yard. Experiencing the benefits of being physically active without going to a gym, playing sports or using expensive equipment is possible. Being physically fit means having the strength, flexibility and endurance needed to complete daily activities. Exercise contributes to feeling better physically and mentally.

### Benefits of physical activity

- lower blood glucose by helping insulin work better
- lower blood pressure
- may lower cholesterol
- strengthens heart, muscles and bones
- reduces anxiety and depression
- improves blood circulation
- keeps joints flexible
- improves ability to sleep better

Cut down on...	Watching TV Computer games Sitting for more than 30 minutes at a time
Two to three times each week	<b>LEISURE ACTIVITIES</b> golf                      bowling softball                 yard work  <b>FLEXIBILITY AND STRENGTH</b> stretching or yoga         weightlifting push-ups and curl-ups
Three to four times each week	<b>AEROBIC ACTIVITY</b> (20 or more minutes) brisk walking                 bicycle cross-country skiing         swimming  <b>RECREATIONAL</b> (30 or more minutes) soccer                      martial arts tennis                         basketball hiking                         dancing
Everyday or as often as possible	walk the dog take longer routes take the stairs walk to the store or mailbox work in the garden park the car far away from the door



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