Getting Motivated

If you are having trouble getting interested in physical activity, try to imagine the good things about being more active.

Find two good things on the list below that would motivate you to be more active. Post these around the house to help remind you of why you are getting active!

- It will make me feel better. ☐
- I will look better. ☐
- I will have more energy. ☐
- I will feel better about myself. ☐
- I will sleep better. ☐
- It will help me manage my weight. ☐
- It will make me healthier. ☐
- I will have fun. ☐
- It will help me manage stress. ☐
- I will be able to work without tiring. ☐
- It will give me more self-confidence. ☐
- I will feel stronger. ☐
- My blood sugar will improve. ☐
- Any other ☐

Ways to Increase Physical Activity Throughout the Day:

- Take the stairs (instead of elevators and escalators).
- Shovel or sweep your own walkway, driveway, or deck (take lots of rest breaks, and do not push too hard).
- Carry your own grocery bags.
- Avoid sitting for long periods of time.
- Get up and stretch every 20-30 minutes at work or while watching TV.
- Garden.
- Join bowling, curling, or other recreational group.

Ways to Get in More Walking:

- Walk to do your errands. If it is too far, park 2 – 3 blocks away and walk from there!
- Push-mow your own lawn.
- Walk to get the mail/newspaper.
- Take a dog for a walk.
- Walk around the mall or recreation facility.
- Wear a pedometer, and gradually increase the steps you take each day.

Remember:

Becoming more physically active can be a challenge! Many people do not know where to start.

- **Start right here, right now.**
- **Start slowly; have fun.**
- **Ask your diabetes care provider to help you with the first steps.**

When you start small with something you feel you can really do, you will feel better; then you can do more. There are tips on the back of this sheet to help you identify some common barriers to being active and ways to overcome them.

What is Physical Activity?

Physical activity is any form of movement that causes your body to burn calories. This can be as simple as walking, gardening, cleaning house, and many other activities you may already do!

Physical Activity and Diabetes

During a physical activity, active muscles use up sugar (glucose) as a source of energy. Regular physical activity helps to prevent sugar from building up in your blood.

Lack of Physical Activity

is one of the major risk factors for type 2 diabetes.

Many people do not get enough physical activity to be healthy in today's society. Technology and modern living have removed many regular forms of physical activity from our daily lives.

- Cars replace walking and biking.
- Elevators and escalators replace stairs.
- Dishwashers replace doing dishes by hand.
- Computers replace manual labour.
- Snow blowers and ride-on lawn mowers replace physical yard work.
- TV and computer games replace fun physical activities for both children and adults.

Because of modern living, it is important to think about being physically active each day.

Adding more physical activity to your day is one of the MOST IMPORTANT things you can do to help manage your diabetes and improve your health.

Check out the other parts of this handout to find out more about how physical activity can help you prevent and manage diabetes.

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diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

Benefits of Physical Activity

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