

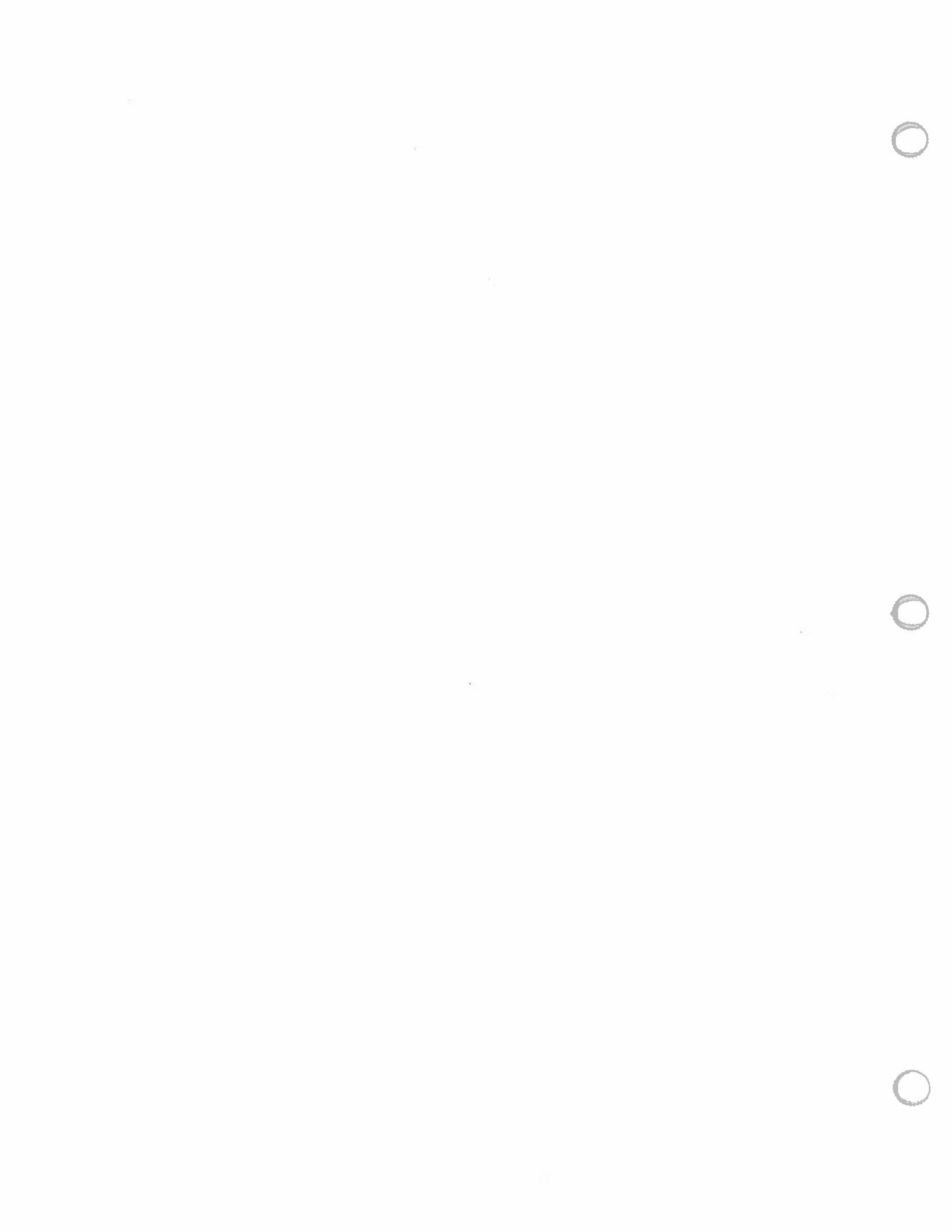
## Chapter Organization - Physical Activity

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**You are stronger than diabetes!**





## Physical Activity & Diabetes

### 2018 Clinical Practice Guidelines

#### Summary

##### Key Messages

- Moderate and high intensity physical activity can reduce risks of death associated with complications of diabetes
- 150 minutes of aerobic activity and 2 strength building forms of physical activity are recommended per week & are associated with health benefits
- Setting goals, self-monitoring progress, and developing strategies to overcome barriers to physical activity are important to increase motivation and success rates of consistent physical activity
- For people living with type 2 diabetes physical activity is associated with better blood sugar control, reduction in need for medication, and healthy weight loss
- Sitting for too long, living a sedentary lifestyle is associated with increased risks of death

##### Key Messages for People with Diabetes

- Physical activity often improves blood sugar control, weight loss, and has many other health benefits
- Try to get up and move a little every 20 to 30 minutes, avoid sitting for a long time
- Try to get 150 minutes of aerobic physical activity every week (jogging, biking, dancing)
- A step monitor (pedometer) might be helpful in tracking your activity
- Try to also do 2 sessions of strength training per week (lifting weights or heavy objects)
- When weight lifting try to get instructions from an exercise specialist

- Even if you cannot reach the recommended amount of activity every week, all amounts of physical activity have health benefits, even small amounts

##### Types of Exercise:

Physical activity can be defined as moving the body in any way – not necessarily at a gym or through sports but just in everyday life. Exercise has a slightly different definition: it is planned, structured physical activity.

**Aerobic** exercises like biking, jogging, swimming, skiing, dancing involve continued movements for at least 10 minutes and engage large muscle groups. **Resistance or strength** exercise involves weights used to increase bodily strength. Both forms are important for human health.

##### Benefits of Physical Activity

For people living with diabetes physical activity can improve blood sugar control, decrease insulin resistance, improve blood pressure and lipid profile, encourage weight loss, and can increase cardiorespiratory fitness.

##### Benefits of Interval Training

One form of exercise involves short bursts of intense work between longer periods of lower intensity work. For example sprinting for 30 seconds and then walking for 1 minute repeatedly. This form of exercise improves cardiorespiratory fitness and has been shown to improve glucose control in people with type 2 diabetes.

##### Benefits of Resistance Training

Strength/resistance training improves glucose control in people with type 2 diabetes, decreases insulin resistance, and improves muscle strength and bone density. Strongest benefits are seen when

strength exercises involve using weight machines or free weights.

### Minimizing Risk of Exercise-Related Adverse Events

For some people with medical concerns seeking evaluation from a health professional before starting an exercise plan is recommended to avoid harm. For most people living with diabetes starting a low to moderate intensity exercise program medical clearance is not required. In fact, it would be more dangerous for their health to not begin an exercise plan. For middle to upper aged people who wish to start intense training, for example training for a marathon or high intensity interval training, consulting with a doctor first is recommended.

For people living with diabetes and peripheral neuropathy feet should be checked every day – especially on days including physical activity.

### Reduction of Sedentary Behaviour

Sitting too much for example while at work, watching TV, or driving a lot has a variety of negative health effects. For people living with diabetes and the general population risks of early death go up with high sedentary behaviour. Even with moderate-intense exercise habits sitting too much has negative health consequences. For this reason it is important to get up, walk around, take breaks, and incorporate physical activity into day to day life not just in the form of exercise. (ie. standing, walking to work, pushing a stroller)

**Motivational Interventions:** can be an effective way to help people living with diabetes overcome diabetes related barriers to physical activity. Interventions aimed to increase self-efficacy (one's belief in their ability to do something), and

motivation are associated with positive outcomes. For people living with type 2 diabetes goal setting, problem solving, providing information on where and when to exercise, and self-monitoring have shown to increase rates of physical activity.

### Objective Monitoring of Physical Activity:

This means wearing a device or recording how much one exercises. This seems to have positive reinforcement effects on physical activity. Studies show that wearing a pedometer (a step counting device) tends to increase the amount of steps a person walks per day.

### Recommendations

1. People with diabetes should engage in aerobic exercise 150 minutes a week and strength train twice per week.
2. Interval training can be recommended for people interested to improve cardiorespiratory fitness in type 2 diabetes and reduce risks of hypoglycemia in people with type 1 diabetes.
3. In addition to being physically active, people with diabetes should minimize the amount of time spent sitting and break up long periods of necessary sitting.
4. Setting goals, problem solving potential barriers, providing information on where and when to exercise, and self-monitoring have been shown to improve rates of physical activity.
5. Step count monitoring should be considered to help support goal setting and reinforce increased physical activity.

# Physical Activity & Diabetes

## Teaching Tool

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. Diabetes Canada recommends getting 150 minutes of aerobic activity and 3 sessions of resistance activity each week. Physical activity can be done in many ways – in and outside of a gym either way there are many associated benefits.

## Benefits of Physical Activity

### Short Term

- Lowers your blood glucose within one hour
- Gives you more energy and strength during the day
- Decreases stress, anxiety, and fatigue
- Improves confidence and well-being
- Lets you have fun with family and friends

### Long Term

- Improved blood glucose control
- Helps to maintain or lose weight
- Lowered blood pressure
- Stronger muscles and bones
- Lower risk of diabetes complications such as eye, heart, and kidney disease
- Improved quality of life

## What activities can you do?

There are many ways to be active! You can obtain health benefits from consistently doing simple things such as:

- Taking the stairs
- Gardening or cleaning your house
- Playing with your kids or playing a sport
- Mowing the lawn with a push mower, chopping wood
- Walking around the block
- Participating in sports
- Traditional dancing, dancing in any form



- Biking, hiking, swimming, yoga
- Strength training
- Hunting, trapping, fishing
- Berry picking
- Canoeing
- Sports: hockey, lacrosse, baseball, basketball
- Snowshoeing, skiing, shoveling snow

## **Why is physical activity important when living with diabetes?**

Regular physical activity has special advantages if you have type 2 diabetes. It can improve your body's sensitivity to insulin and help manage your blood sugar levels. It can also help prevent or delay type 2 diabetes from developing. During physical activity, active muscles use up sugar as a source of energy. Regular physical activity helps to prevent sugar from building up in your blood.

### **Did you know?**

- Low physical activity is as strong a risk factor for mortality as smoking.
- Fitness level is one of the strongest predictors of all causes of mortality in people with diabetes
- Physical activity can be as powerful as some medications with fewer side effects
- Regular physical activity along with healthy eating and weight control can reduce your risk of diabetes complications.

## **Obesity**

Obesity is a risk factor for developing type 2 diabetes. Currently, 61% of adult Canadians are either overweight or obese. While many risk factors for type 2 diabetes are not modifiable (ie, family history, ethnicity, age), some risk factors like being overweight or obese can be addressed. The First Nations Regional Longitudinal Health Survey (RHS) estimates that 36% of adults living on reserve are obese. According to the 2006 Aboriginal Peoples Survey (APS) another 26% of off reserve First-Nation adults are living with obesity. The prevalence of obesity in the Metis population is reported to be 26.4% and 23.9% for Inuit adults. With this information in mind it is clear that people living in all parts of the country are experiencing high rates of obesity. The causes of obesity are multifactorial and complex influenced by social and economic factors. Increasingly sedentary lifestyles is one of the contributing factors to the rise in obesity, increasing daily movement can help.

\*information gathered from the Public Health Agency of Canada



## Types of Physical Activity

**Aerobic Exercise:** Aerobic exercise is continuous exercise such as walking; biking, dancing or jogging that elevates your heart rate. The immediate effects include increased control of blood glucose as muscles in your body use glucose to power movement.

**Resistance Exercise:** Resistance exercise involves brief repetitive exercises with weights, weight machines, resistance bands, or one's own body weight to build muscle strength. Household objects such as large books or logs from outdoors can be used as weights.

**Interval Training:** Interval training involves short periods of vigorous exercise, such as running or cycling alternating with a short recovery period at a low to moderate intensity or rest from 30 seconds to 3 minutes each.

**How much is enough?** Your goal should be to complete at least 150 minutes of moderate to vigorous intensity aerobic exercise per week. You may have to start slowly with as little as 5 – 10 minutes of exercise per day gradually building up to your goal. The good news is that multiple shorter sessions of at least 10 minutes are probably as useful as a single longer session at the same intensity. When you are ready and able try adding resistance exercises like lifting weights, or your body weight, two to three times a week.



# Tool for overcoming barriers to physical activity

You may experience barriers that keep you from meeting your physical activity goals. Here are a few common examples of barriers people often face when thinking about increasing their activity levels along with simple solutions to help you overcome them! Use the spaces below to add some barriers you may experience and talk to your ADI worker, a friend, or family member to help you come up with solutions.

Barrier	Solution
I don't have enough time	Instead of doing one long workout session build three 10 minute bursts of activity into your day such as a brisk walk. Even standing up at our desk instead of sitting has benefits!
I just don't like exercise	Good news! You don't have to run a marathon time to be physically active. To make physical activity more fun try something you enjoy doing like dancing to your favourite music or ice skating. Many people find they start to like exercise more the more they do it.
I'm worried about my health or getting hurt	Talk to a health care provider if you are worried about our health, usually physical activity will only improve your health not worsen it!
I feel self-conscious working out in front of others	Start being active at home until you feel more confident. Be active with friends who will support and encourage you.
I can't or do not want to pay for a gym membership. Or there is no gym near me.	Not to worry! There are many of ways to be active in your own home or outside – there is no need to go to a gym to experience the benefits of moving your body.

Adapted from the National Institute of Diabetes and Digestive and Kidney Diseases Health Information Center.

<https://www.niddk.nih.gov/health-information/weight-management/staying-active-at-any-size>



## What kind of activity is best?

Both aerobic and resistance exercise are important for people living with diabetes.

### Aerobic exercise

Aerobic exercise is continuous exercise such as walking, bicycling or jogging that elevates breathing and heart rate.

### Resistance exercise

Resistance exercise involves brief repetitive exercises with weights, weight machines, resistance bands or one's own body weight to build muscle strength. If you decide to begin resistance exercise, you should first get some instruction from a qualified exercise specialist, a diabetes educator or exercise resource (such as a video or brochure) and start slowly.

### Interval training

Interval training involves short periods of vigorous exercise such as running or cycling, alternating with 30 second to 3 minute recovery periods at low-to-moderate intensity or, rest.

## Why is activity so important for people with diabetes?

Almost everyone, whether or not they have diabetes, benefits from regular exercise. Well-known health benefits include weight loss, stronger bones, improved blood pressure control, lower rates of heart disease and cancer as well as increased energy levels.

Regular exercise also has special advantages if you have type 2 diabetes. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood sugar levels.

## Safety first

- If you have been inactive for some time, talk to your doctor before starting any exercise program that is more strenuous than brisk walking.
- Make sure you wear comfortable, proper-fitting shoes.
- Wear your MedicAlert® bracelet or necklace.
- Listen to your body. Speak to your doctor if you are very short of breath or have chest pain.
- If you take insulin or medications that increase insulin levels, monitor your blood sugar before, during and many hours after your activity to see how it affects your blood sugar levels.
- Carry some form of fast-acting carbohydrate with you in case you need to treat low blood sugar (hypoglycemia), for example, glucose tablets or Life Savers®.
- If you live with type 1 diabetes, speak to your health-care provider about additional strategies to reduce the risk of hypoglycemia during and after exercise.

	Minutes	Times per week
My plan for aerobic exercise is :		
My plan for resistance exercise is :		





## How much is enough?

Your goal should be to complete **at least 150 minutes of moderate- to vigorous-intensity aerobic exercise each week**, (e.g. 30 minutes, 5 days a week).

You may have to start slowly, with as little as 5 to 10 minutes of exercise per day, gradually building up to your goal. The good news, though, is that multiple, shorter exercise sessions of at least 10 minutes, adding up to 90-140 minutes per week, can have some benefits for people with diabetes. As you begin your exercise program and continue to build on it, be sure that you have no more than 2 consecutive days without exercise.

If you are able and when you are ready, try adding **resistance exercises like lifting weights 2-3 times a week**.

When you add resistance exercise, you should get some help from a qualified exercise specialist.

Note: You may consider **interval training** to increase improvements in fitness levels for type 2 diabetes, and to lower the risk of hypoglycemia in type 1 diabetes. Speak with your health-care provider or qualified exercise specialist if you plan to start interval training.

## Keep going!

Habits can be hard to change, so be prepared with a plan in case your motivation starts to fade:

- Do something you like! It is hard to stick to an activity that is not fun. It may take you a few tries before you find the activity that is right for you.
- Have a support network. Ask your family, friends and co-workers to help you stay motivated by joining you for a walk or a workout at the gym.
- Set small, attainable goals and celebrate when you reach them. Reward yourself in healthy ways.
- Add physical activity to your daily routine. While you are working or watching TV, get up every 20-30 minutes.
- Seek professional help from a personal trainer, or someone knowledgeable who can help you find a fitness regimen that will work for you.
- Using a step monitor (pedometer or accelerometer) can be helpful to track your activity.

Physical activity and diabetes can be a complex issue. For more information, talk to your health-care team or visit [diabetes.ca](http://diabetes.ca).

Regardless of your age, making the decision to become more physically active is one of the greatest gifts you can give yourself and the people who love you. Take that first step today!



**Related articles:** *Benefits of physical activity, Planning for regular physical activity, Introductory resistance program, Maintaining aerobic exercise, and Resistance exercise guidelines*

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Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and funding research to improve treatments and find a cure.

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## 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.

# Benefits of Physical Activity

## 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 handbook to find out more about how physical activity can help you prevent and manage diabetes



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## Benefits of Physical Activity

### What are the short-term benefits of INCREASING my physical activity?

- Lowers your blood sugar within 1 hour.
- Gives you more energy and strength during the day.
- Decreases stress, anxiety, and fatigue.
- Improves relaxation and sleep.
- Improves confidence and well-being.
- Lets you have fun and involve family and friends.

### What are the long-term benefits if I keep at it?

- Improved blood sugar control.
- Helps to maintain or lose weight.
- Lowered blood pressure.
- Stronger bones and muscles.
- Lower risk of diabetes complications such as eye, heart, and kidney disease.
- Improved quality of life.

## Getting Started

Did you know that being physically active does not have to start with a formal exercise program?

There are lots of things you can do to get moving – they will all benefit your health. The key is to simply start moving a little bit more.

Instead of using a car, a computer, or a machine, use your own body to do things. You will be investing in your health each time you do!

Start small by trying to do a little more physical activity at least a few days of the week. Choose something that you might enjoy. For example, if you like the outdoors, try a nature walk or gardening. You can build up to doing more physical activity as you feel comfortable.

## Identifying Barriers to Physical Activity

A barrier is something that stops you from doing what you want to or should be doing.

Using the space below, list your top three barriers to physical activity. You can do this on your own or with the help of a diabetes care provider.

### The top three barriers that stop me from being physically active are:

- 1.
- 2.
- 3.

It is good to think of ways to overcome your barriers to physical activity. This can help you turn your barriers from mountains into molehills.

## Tips to Overcoming Barriers

This section lists the strategies to overcome the most common barriers to physical activity.

- Check the three barriers that match your list.
- Try the tips provided to overcome your three barriers.
- If you don't see your barrier's listed here, ask your diabetes care provider for ways to help.



### I have no time.

- ✓ Every minute of physical activity has health benefits, especially for people with type 2 diabetes.

Start with 5 to 10 minutes at a time, at different times throughout the day. This may be all you need to get going.

### I am too tired.

- ✓ Regular physical activity will give you more energy and help you sleep better.

It may be hard to get started, but once you start, you'll feel better. In the end, it will be worth the effort.

### I do not have the motivation.

- ✓ Start with 5 minutes of physical activity, and allow yourself to stop if you are not enjoying it.

That way you can at least start, and once you are into it, you may want to keep going.

### It costs too much to join a gym.

- ✓ You do not need a gym membership or a personal trainer to be active.

You can do simple things around the house or in your neighborhood that do not cost money – go for a short walk, or start a project in your yard.

### I cannot be physically active on my own.

- ✓ Start by sharing your activity plans with friends or family.

You may be surprised by the support you receive. Doing your activity with others can help to get you started and keep you going. Your local recreation centre or staff at your Diabetes Centre may also be able to help you find activity partners.



## Tips to Address Concerns About Diabetes and Physical Activity

### I am afraid of health complications.

- ✓ Light to moderate physical activity

(such as walking, working around the house, and gardening) are safe and important ways to manage your diabetes. Start slowly and you will see benefits develop over time.

### I am afraid of injury or re-injury.

- ✓ Take care of any injuries.

It is difficult to be active if you are hurting. See your doctor or physiotherapist about any nagging pains that may limit your physical activity. Remember to take good care of your feet, and always wear proper foot wear.

### I am afraid of getting low blood sugar.

- ✓ Plan ahead.

It is unlikely that you will have lows if you eat regularly and monitor your blood sugar. Always carry a form of quick-acting sugar with you such as hard candy. Discuss how to avoid lows with your diabetes care provider.

**When choosing a barrier to work on, it is good to work on one at a time. Pick one to focus on each week for the next three weeks, and see how you do! Sometimes changing your thoughts about barriers to physical activity is all you need to get going.**

## A Simple Walking Plan

It may be hard to get regular physical activity. A walking plan may be a good place to start. Follow the plan here to gradually increase your frequency, intensity, and time of walking. Using a step monitor (e.g. pedometer) can be helpful in tracking your activity. Diabetes Canada recommends 150 minutes of aerobic exercise a week.

### Walking Plan Progression

Program Stage	Week	Frequency (days/week)	Intensity		Duration (min)
			Exertion Level	RPE (10 pt)	
Initial stage	1	2	Light	2	10
	2	2	Light	2	10 - 15
	3	2 - 3	Moderate	3	15
	4	3	Moderate	3	15
Improvement*	5 - 7	3 - 4	Moderate - Somewhat hard	3 - 4	15 - 20
	8 - 10	4	Moderate - Somewhat hard	3 - 4	20
	11 - 13	4	Somewhat hard	4	20 - 25
	14 - 16	4	Somewhat hard	4 - 5	25
	17 - 20	4	Somewhat hard	4 - 5	25 - 30
Maintenance	21 - 24	4 - 5	Somewhat hard - Hard	4 - 5	25 - 30
	25 -	3 - 5 +	Moderate - Hard	3 - 5	30 -

Table adapted from: Warburton, et al. 2006

\*Start at the improvement stage if you are somewhat active and have no medical limitations. If walking is difficult for you, your diabetes care provider can help you come up with some different physical activity options to benefit your diabetes.

## RPE = Rating of Perceived Exertion

0	Rest
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard (breathing deeply)
6	
7	Very hard (out of breath)
8	
9	
10	Maximal

### Intensity is Important

**Light (RPE 1 - 2)**  
easy walking, golf, gardening, dusting, laundry, stretching, yoga, curling, bowling

**Moderate (RPE 3 - 6)**  
brisk walking, climbing stairs, mowing the lawn, swimming, dancing, biking

**Vigorous\* (RPE ≥ 7)**  
running, fast cycling, hockey, basketball, gym workouts

\***Vigorous physical activity** can be started after a period of regular physical activity and with the approval of your doctor or with the guidance of a qualified exercise professional.



## Regular Physical Activity and Diabetes

**Regular physical activity** can slow and prevent the progression of diabetes. Diabetes Canada recommends getting 150 minutes of aerobic exercise a week.

During physical activity, active muscles allow your body to use sugar more efficiently. This effect lasts for 1-2 days, so regular physical activity is important to better manage your blood sugar and your diabetes.

Technology and modern living have removed many regular forms of physical activity from our daily lives. This is another important reason to think about being physically active each day.

### What activities can you do?

Physical activity comes in many forms. You can obtain health benefits from continuing to do simple things such as:

- Taking the stairs
- Working in the garden
- Playing with your kids
- Mowing your lawn
- Walking around the mall
- Cycling, swimming, or golfing

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

**Check out the rest of this handout to see how to plan regular physical activity as part of a healthy lifestyle.**

# Planning for Regular Physical Activity



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## Deciding to be Active on a Regular Basis

We know that being physically active is one of the **MOST IMPORTANT** things you can do to help manage your diabetes and improve your health. We also know that it can be difficult to get started. Use the space provided to look at the Pros and Cons of Inactivity. List some of the reasons why you may not be active on a regular basis.

## The PROS (enjoyable things) about being INACTIVE:

1. I have time to do things I want to do
2. I don't have to try anything new
3. I can relax
- 4.
- 5.

## The Cons (drawbacks) of Inactivity

By remaining inactive:

1. My diabetes will get harder to manage.
2. I will continue to gain weight.
3. My diabetes complications may get worse (eye, kidney, and nerve problems and risk for heart disease).
4. My quality of life will decline
- 5.

Consider some of the reasons why you may not be as active as you would like

## The CONS (unpleasant things) about being ACTIVE:

1. Physical activity takes time
2. Exercise is difficult
3. It might cause low blood sugar
- 4.

Now compare this to the PROS of regular physical activity. Add any others that are important to you.

## Pros (benefits) of Regular Physical Activity

By being active on a regular basis, I can have:

1. Better blood sugar control (lower A1C)
2. Better weight control
3. Lower blood pressure.
4. Stronger bones and muscles.
5. Lower risk for heart attack, stroke, cancer, and diabetes complications such as eye, heart, kidney, and nerve disease.
6. More energy
7. Improved quality of life
- 8.
- 9.

## What is more important to you?

Compare your lists, if reasons for being active in the long-term outweigh the reasons for staying inactive, then you are ready to take the first steps toward regular physical activity.

Refer to the next section of this handout to take steps toward a physically active lifestyle. You can do this on your own or with the help of a diabetes care provider. Sometimes a little help is all we need to get moving in the right direction.

## Taking the First Steps

Maybe all you need is a little help to overcome common challenges to being active

- ✓ **Making physical activity a priority.**  
Physical activity is something your body needs everyday to be healthy. Treat physical activity like sleep or food.
- ✓ **Fitting physical activity into your day.**  
Pick the same time each day to be physically active. Scheduling physical activity as part of your regular routine may help you to be more active. It is also important to avoid sitting for long periods of time. Try to interrupt sitting time by getting up briefly every 20-30 minutes.

- ✓ **You do not have to try something new.**  
Regular physical activity can be something you already do, for example, gardening or walking. Just being more regular with your activity will benefit your diabetes.

- ✓ **Do not let your diabetes stop you.**

For most people with diabetes, walking and light-to moderate-intensity activities are safe and helpful. Remember to take good care of your feet and to be aware of your blood sugar when being physically active.

- ✓ **Physical activity and exercise get easier.**  
When you are active, your heart rate increases, you may breathe a little harder, sweat, or even feel a little sore the next morning. This is normal. With time, as your fitness improves, all physical activities in your life will feel easier and be more enjoyable!

- ✓ **Sticking with it pays off.**

If you are having trouble getting going with physical activity, try making a plan. There may be a few false starts in the beginning. This is normal. Try to see your next opportunity for physical activity as a step closer to a regular routine.

## Making a Plan

It is important to think about **what**, for **how long**, **when**, **where**, and **how** you will be physically active

Write down your plans below – the more specific and personal you make your plans, the more likely you are to follow through.

## What?

I plan to be active on a regular basis by:

## How Long?

During the next week, I plan to do my activity for \_\_\_\_\_ minutes each time.

## When?

I plan to be active on: (check off the time & days)

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
AM							
PM							

## Where?

A good place to do my planned activity is (for example, around the grounds at work):

## How?

The major thing that will prevent me from doing my activity consistently is (for example, waiting until the end of the day to do it):

My strategy to overcome that challenge is (for example, do my walking during the day):

**Now you are ready to go! Have fun with your activity, and enjoy the benefits of a physically active lifestyle.**

## Guidelines for Progression in Resistance Training

Follow the plan identified to gradually increase repetitions, sets and resistance to meet Diabetes Canada's recommendation of resistance activity 2-3 times a week.

### Initial Resistance Plan Progression

Program Stage	Week	Frequency (days/week)	Intensity		# of sets x repetitions	
				Exertion Level		
Initial stage	1	2		Light	1 x 8	
	2	2		Light	1 x 10	
	3	2		Moderate	1 x 12	
	4	2		Moderate	2 x 8	
	Improvement*	5 - 7	2		Moderate	2 x 10
		8 - 10	2		Moderate	2 x 12
Maintenance	11 - 13	3		Moderate	2 x 8	
	14 - 16	3		Somewhat Strong	2 x 10	
	17 - 20	3		Somewhat Strong	2 x 12	
	21 - 24	3		Somewhat Strong	2 x 15	
	25 +	2 - 3		Moderate - Strong	2 x 15 or 3 x 8	

Table adapted from: Warburton, et al. 2006

\*Start at the improvement stage if you are somewhat active and have no medical limitations.

### Beginning Program: Resistance Band Training

- Involves mostly seated exercises for those with mobility difficulties.
- Requires a resistance band (available at most stores).
- A good starting program for those who have not done resistance exercise.
- A good option for indoor exercise when it is raining or snowing!

## Guidelines for Resistance Training

### Important Safety Considerations and Tips:

It is recommended you see a diabetes care provider or a qualified exercise professional, or refer to the resistance training video, to learn how to do the exercises provided in this handout

### Only Do the Exercises You Are Able To Do

- Make sure that you do not do any exercises that hurt (for example, sore shoulder or sore knee - see a physician or physiotherapist if you have any questions). Remember to check your feet daily.
- If you have confirmed eye or kidney disease, discuss resistance exercises first with your physician or diabetes care provider.

### Maintain Stable and Proper Posture for each Exercise

- Keep your chest out.
- Avoid rounding the shoulders or twisting your back.

### Keep Each Movement Slow and Controlled

- 3 seconds up; 3 seconds down

### Do Not Hold Your Breath

- Exhale with effort.
- Release your breath with each repetition

### Keep to a Comfortable Range of Motion

- Use a complete range that is comfortable for you

### Use an Appropriate Resistance

- Pick a band that makes it moderately hard to do the exercise

### Increasing the Resistance Used

- Change the length of the resistance band
  - Shorter band = harder
  - Longer band = easier

### Where to start

- Begin at the initial stage if you are inactive and want to start easy with resistance exercise
- Begin at the improvement stage if you are somewhat active and have no medical limitations

# Introductory Resistance Program

## Resistance Training and Diabetes

Keeping your muscles active and healthy through regular resistance training will greatly improve your management of diabetes. Diabetes Canada recommends resistance activities 2-3 times a week.

### Benefits of Resistance Training

Resistance exercise uses more muscles than just walking. It uses upper body muscles that are rarely used in modern society today.

Resistance training also maintains or increases lean muscle. This helps to burn calories at rest throughout the day. This is important for weight control and diabetes management, especially as we age.

**REMEMBER:** You don't have to go to a gym to get the benefits of resistance training. All you need are simple forms of resistance such as:

- Exercise bands
- Your own body weight
- Light dumbbells or hand weights.
- Other items you may find around the house such as milk jugs filled with water.

**The resistance program shown in this handout works all muscles in the body, using a resistance band, to better manage your diabetes and improve your health.**

**If you are unsure about how to do the exercises in this handout, seek the help of an exercise resource, diabetes care provider or qualified exercise professional to help you get started and keep you going.**

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Begin with 6-8 exercises. As you feel comfortable, add 1-2 exercises a week (up to 12 exercises).

Hips & Thighs



1

**Start:** Sit at the front of the chair, chest up, and feet hip width apart. Slowly lift out of the chair with your knees directly over your toes. Keep your back straight and arms out.

**Finish:** Hold the top position with knees bent. Slowly bend knees to lower yourself to the chair. Don't drop to the chair.

Chest



2

**Start:** Place the band around your upper back. Grab the ends of the band with elbows bent and palms facing down or inward.

**Finish:** Press out, extending your elbows forward to shoulder level. Slowly return to starting position.

Upper Back



3

**Start:** Grasp the band with both hands in front of your chest with the elbows slightly bent and shoulders down.

**Finish:** Keep elbows slightly bent, and pull band outward until the band reaches across your middle chest. Hold the end position briefly, squeezing the shoulder blades together. Slowly return to starting position.

Middle Back



4

**Start:** Wrap the middle of the band around an extended foot. Grasp both ends of the band at the outside of your knee with your outside hand.

**Finish:** Pull band backwards and slightly up until your outside hand is beside your ribcage. Pause. Slowly lower to starting position.

Shoulders



5

**Start:** One foot and hand anchor one end of the band. The other hand is beside the shoulder, grasping the band, hand level with the chair, and arm straight up from the floor.

**Finish:** Extend the arm overhead until directly over the shoulder. Try not to lean to one side. Pause. Slowly lower to starting position.

Shoulders



6

**Start:** Anchor as per #5 with slightly shorter band. Grasp the band at position just outside the knee. Can have palm down or palm toward (easier on the shoulder).

**Finish:** Lift arm to side with elbow slightly bent. Lift to shoulder height or slightly below shoulder height if you have shoulder problems. Pause. Slowly lower to starting position.

Upper Arm - Front



7

**Start:** Keep same anchor position as #6, except slightly shorter band length. Grasp band with palm facing up.

**Finish:** Curl hand to shoulder keeping your elbow at your side at the lower ribs. Pause. Slowly lower to starting position.

Upper Arm - Back



8

**Start:** Seated at the front edge of the chair and chest up. Place the band around your knee, anchoring the band with one hand on the opposite thigh and holding the other end of the band down at your side with your elbow bent.

**Finish:** Extend your elbow until your arm is straight down by your side. Pause. Slowly return to starting position.

Legs - Front



9

**Start:** Tie the band in a knot and wrap around your feet, or tie the band around the leg of the chair with your foot through the loop.

**Finish:** Extend one leg out, keeping your knee in the same position. Keep your posture. Pause. Slowly return to starting position.

Legs - Back



10

**Start:** Stand behind the chair holding the back for support. Wrap the tied band around your ankles, or tie the band around a leg of the chair with your foot through the loop.

**Finish:** Curl one ankle up. Keep the knee in the same position and your back stable. Pause. Slowly return to starting position.

Lower Back



11

**Start:** Stand behind the chair holding the back for support, with knees slightly bent, and leaning to ward with back straight. You can wrap a band around your ankles, or do the exercise without a band.

**Finish:** Extend one leg out so that it is in line with your body. Don't over-extend the leg or arch in the low back. Pause. Slowly return to starting position.

Abdominals



12

**Start:** Seated comfortably in the chair, chest up, and both knees bent with the feet on the ground in front of you.

**Finish:** Lift one knee so that it is higher than the opposite knee, or slightly rock back with both feet on the ground. Tighten your abdominals. Keep your chest up. Pause. Slowly return to starting position.



## An Aerobic Exercise Plan

Follow the plan here to continue to increase your frequency, intensity, and time of walking, or other aerobic activity, to improve your cardiovascular fitness. Try not to go more than 2 days without doing aerobic exercise.

### Advanced Aerobic Progression

Program Stage	Week	Frequency (days/week)	Intensity		Duration (min)
			Exertion Level	RPE (10 pt)	
Improvement	1 - 4	4	Somewhat hard	4	25 - 30
	5 - 7	4	Somewhat hard	4	30 - 35
	8 - 10	4	Somewhat hard	4	35 - 40
	11 - 13	4	Somewhat hard - Hard	4 - 5	40 - 45
	14 - 16	4 - 5	Somewhat hard - Hard	4 - 5	45 - 50
Maintenance	17 - 20	4 - 5	Hard	5 - 6	50 - 55
	21 - 24	4 - 5	Hard	5 - 6	55 - 60
	25 +	4 - 5 +	Moderate - Hard	4 - 6	30 - 60

Table adapted from: Wainwright, et al 2006

### Regular Exercise

By making regular exercise part of your life, you have already taken an important step in managing your diabetes. Maintaining regular exercise in your weekly routine is the next step to successfully managing your diabetes.

**NOTE:** Exercise may affect your responses to medications. Make sure you test your blood sugar regularly. Speak with your diabetes care provider if you notice any differences in your regular blood sugar pattern.

## RPE = Rating of Perceived Exertion

Pick the number matching the word or phrase that best reflects your total amount of physical stress, effort, and fatigue while exercising. This number identifies your exercise **intensity**. Record on your exercise log after each session.

0	Rest
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard (breathing deeply)
6	
7	Very hard (out of breath)
8	
9	
10	Maximal

### Intensity is Important

#### Light (RPE 1 - 2)

easy walking, golf, gardening, dusting, laundry, stretching, yoga, curling, bowling

#### Moderate (RPE 3 - 6)

brisk walking, climbing stairs, mowing the lawn, swimming, dancing, biking

#### Vigorous\* (RPE ≥ 7)

running, fast cycling, hockey, basketball, gym workouts

**\*Vigorous physical activity** can be started after a period of regular physical activity and with the approval of your doctor or with the guidance of a qualified exercise professional.

You should seek help from a health care provider if you have:

- Difficulties with the exercises.
- Feel too much discomfort trying to exercise such as shortness of breath, pain in the chest or arms, joint pain, or episodes of light-headedness.
- Frequent low blood sugar.

## Physical Activity and Exercise

Exercise is a form of physical activity that is done at enough intensity to improve your fitness. Resistance training, brisk walking, cycling, and jogging are examples of exercise. As exercise is more challenging than just accumulating physical activity through your day, it often needs some planning, a certain level of ability, and a little more effort.

### Benefits of Exercise

While regular exercise often requires a commitment of both time and energy, the benefits of exercise are greater than that of general physical activity.

### What are the Immediate Benefits?

Exercise (such as brisk walking or resistance training) uses more muscles at greater intensity, so more energy is used up. This allows you to control your blood sugar more easily.

### What are the Benefits if I Keep at it?

Over the long term, exercise can result in:

- Improved fitness and body composition.
- Reduced complications of diabetes such as lowered risk of heart disease.
- Improved diabetes, including blood sugar, blood fats, and blood pressure.
- Improved overall fitness and health. You can enjoy many things in life more easily.

**Check out the rest of this handout to see how maintaining 150 minutes of moderate to vigorous aerobic exercise each week can help you manage your diabetes.**

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# Maintaining Aerobic Exercise

# 4



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## Setting Goals - Staying Motivated

When you try to stay active, it is helpful to have a goal to work towards

Using the space below, write down the physical activity or exercise goal you most want to achieve. You can do this on your own or with the help of a diabetes care provider.

My GOAL is to:

---



---



---



---



---

### Is this a SMART goal?

It helps if the goals you set are Specific, Measurable, Attainable, Realistic, and Time-oriented. Review your goal. Using the examples below, see if it is a SMART goal for you.

Is my goal...

<b>S</b>	<b>S = SPECIFIC</b>	<b>S</b>
	"Lose 5 kg (11 lbs)," instead of "lose weight."	
<b>M</b>	<b>M = MEASURABLE</b>	<b>M</b>
	"Walk 35 minutes a day," instead of "walk more."	
<b>A</b>	<b>A = ATTAINABLE</b>	<b>A</b>
	"Lose 2 kg (5 lbs) in a month," instead of "10 kg (22 lbs) in a month."	
<b>R</b>	<b>R = RELEVANT</b>	<b>R</b>
	"I want to lose weight, so I can play with my kids."	
<b>T</b>	<b>T = TIME-ORIENTED</b>	<b>T</b>
	"Lose 5 kg (11 lbs) in 2 months," instead of "lose weight."	

If you need to, change your goal so that it will be a SMART way to help you stay motivated.

To make your goal even more motivating, write it down, and post it where you will see it every day.

### How to Stick With It

Beginning and staying with a physical activity or exercise program can be difficult for many people. However, there are a few things you can do to help you stick with it.

#### Use Goals to Guide Your Progress

Make short-term, realistic goals to aim for each week. For example, getting out 3 times that week. Smart goals help to motivate you and give you something to aim for.

If you do not reach your goals, ask yourself why. Adjust them and keep trying.

#### Reward Yourself

Reward yourself when you reach your goals. Rewards often feel good and help to mark your accomplishments.

Buying new clothes because you have lost weight or going camping because you are more mobile are great ways to give yourself a pat on the back.

#### Build on Success

You are already active, which is great! Progressing in your program is important to obtaining long-term benefits. See the progression plan with this handout to guide you.



As you become comfortable, try different types of exercise or simply a different order. Variety helps you from getting bored - spice it up! Try a new form of activity with the confidence you have gained.

#### Include Others

People are interested in your health and will often help you stick with it, so tell someone (for example, friend, spouse, or kids) about your exercise program.

Buddy up! Having someone (for example, friend, spouse, or coworker) to exercise with is a great way to stay motivated and helps keep exercise fun. Ask your local Diabetes Centre staff if they can identify others who are looking to be active.

#### Stay Injury Free

Be aware that some days you may not feel up to exercising because of illness or an injury. Your overall health is important.

Missing a session should not be the end of your efforts. Once you feel better, begin your program again slowly. You'll be back to your old self in no time.

**Remember**, as you continue your physical activity or exercise program, make sure you test your blood sugar regularly if you are at risk for low blood sugar, balance your food with your activity, and take care of your feet.

### Planning for Bumps in the Road

No one is physically active all the time. Missing out on planned exercise is not the end of the world; it's normal. However, planning ahead for these "tough" times may help you stay active. Use the following questions to help make a plan to stay active.

#### If you've had trouble staying active in the past:

- What made it difficult for you?
- What could you do differently next time?
- What helped get you back on track?



How confident are you that you'll be able to keep up your physical activity during the next month?

- 5 - Very confident
- 4 - Confident
- 3 - Somewhat confident
- 2 - Not very confident
- 1 - Not at all confident

If you checked less than a 4, consider the following tips on planning for bumps in the road.

**Identify** situations that will make it more challenging for you to stay active.

**Plan** how you will handle these situations to increase your chances of being successful.

#### Consider these examples:

- **Situation.** Unplanned event after work (when you usually exercise).
- **Possible Solution.** Plan for a make-up time every week to cope with unplanned changes.
- **Situation.** Bad weather during the winter.
- **Possible Solution.** Change the exercises you do so that you can be active indoors.

**To stay successful, remember what it took to get started.**



# Today I am committing to regular physical activity.

My favourite way to move my body is:

I plan to do this for \_\_\_\_\_ minutes \_\_\_\_\_ times a week.

A new way I will increase my physical activity is by:

I plan to do this for \_\_\_\_\_ minutes \_\_\_\_\_ times a week.

I know that physical activity is good for my health in many ways, this is important to me

**because:** (ie. I want to live a long healthy life, I would like to keep my muscles strong to play with my grandkids, I would like to attain a healthy weight, I would like to increase my self-confidence, I would like to be a good example for my kids, etc.)

I know that physical activity will help me manage living with diabetes by:

I will remain accountable to getting more physical activity by: (ie. Walking with a friend, writing my activities down in my calendar, talking to my family members about what I am doing and why, etc.)

I am making this pledge to myself because my health and quality of life living with diabetes are worth it!

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Physical Activity Log

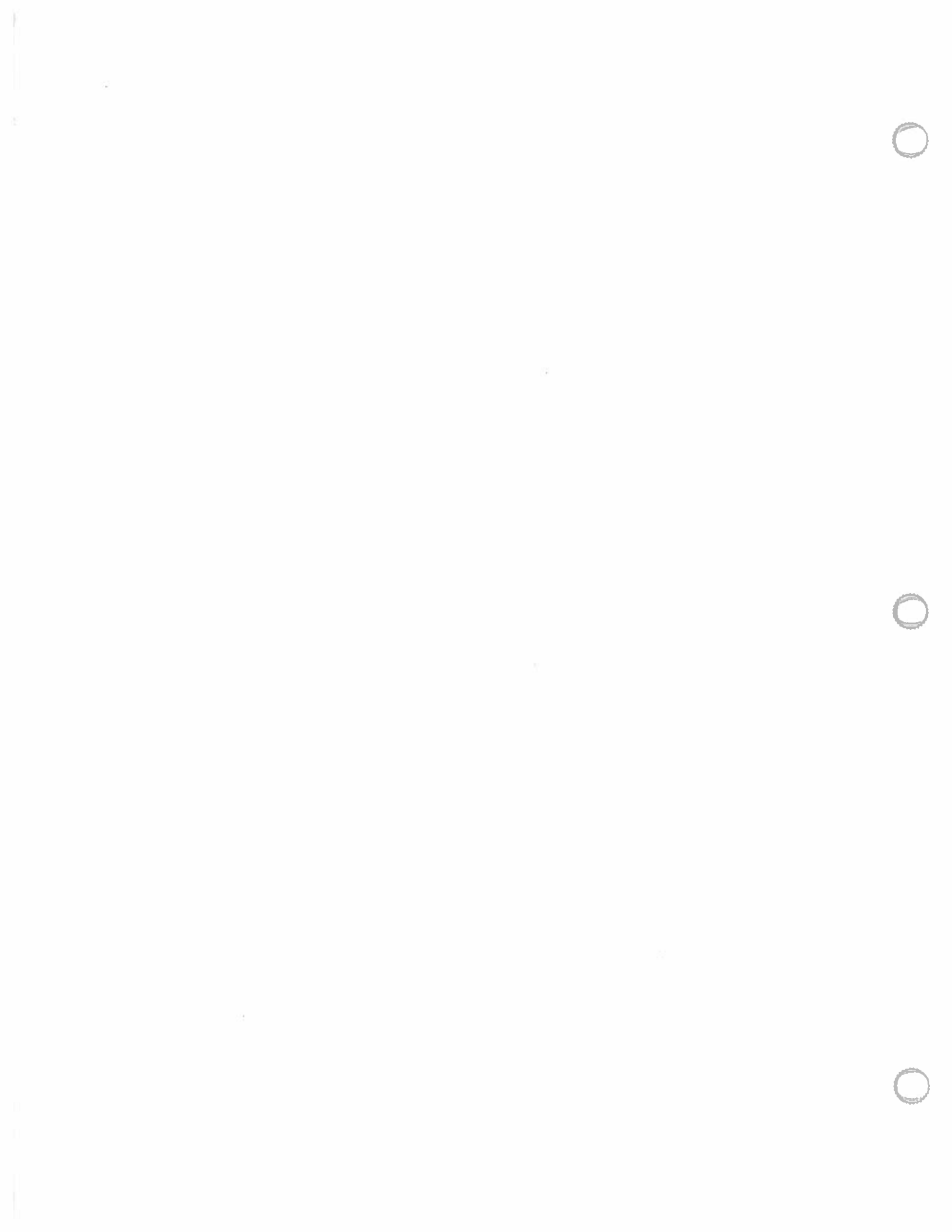
Weekly Goal: \_\_\_\_\_ total active minutes

<b>Date &amp; Time</b>	<b>Activity</b>	<b>Duration (minutes)</b>	<b>Rate of Perceived Exertion (1 - 10)</b>	<b>How did it feel? (Good, great, challenging, better than last time etc.)</b>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Total activity minutes: \_\_\_\_\_

How did this week go?

Notes for next week:



# Simple Walking Plan

A walking plan may be a good place to start if you would like to start getting regular physical activity.

\*RPE = Rating of Perceived Exertion.

Program stage	Week	Frequency (days per week)	Intensity: Exertion level	RPE* (10 pt)	Duration (min)
<b>Initial stage</b>	1	2	Light	2	10
	2	2	Light	2	10-15
	3	2-3	Moderate	3	15
	4	3	Moderate	3	15
<b>Improvement</b>	5-7	3-4	Moderate-Somewhat hard	3-4	15-20
	8-10	4	Moderate-Somewhat hard	3-4	20
	11-13	4	Somewhat hard	4	20-25
	14-16	4	Somewhat hard	4-5	25
	17-20	4	Somewhat hard	4-5	25-30
	21-24	4-5	Somewhat hard-hard	4-5	25-30
<b>Maintenance</b>	25+	3-5+	Moderate-hard	3-5	30+

See below for further information. Table adapted from Warburton, et al. 2006.

## Rating of Perceived Exertion (RPE)

Pick the number matching the word or phrase that best reflects our total amount of physical stress, effort, and fatigue while doing the exercise. The number identifies your exercise intensity. Record this number on your log after each session.

0	Rest	
1	Very light	Light intensity: Easy walking, golf, gardening, dusting, laundry, stretching, yoga, curling, bowling
2	Light	
3	Moderate	
4	Somewhat hard	Moderate intensity: Brisk walking, climbing stairs, mowing the lawn, swimming, dancing
5	Hard (breathing deeply)	
6		
7	Very hard (out of breath)	
8		Vigorous** intensity: Running, fast cycling, hockey, basketball, gym workouts
9		
10	Maximal	

If walking is new to you and you wish to make a consistent plan, the chart above can be an excellent way to start. Print out a calendar, grab a blank piece of paper, or use a day planner you already have to schedule your walks. Include what week you are on, how many walks you plan to go on, select times and dates for these walks, and mark your progress as you go along.

## **Ways to get in more walking**

- Walk to do your errands: to the grocery store, appointments, the bank, or anywhere else you need to go. Park 2 or 3 blocks away if this is far from your home
- Push-mow your lawn
- Take a morning walk to start your day
- Walk to work
- Walk around a shopping center, community center, or recreation center if the weather is poor.
- Wear a pedometer to count your steps if you would like to see your progress. (Most phones now have one built into them as well)
- If making a phone call, take a walk
- Take a walk after meal times – even just 10 – 15 minutes can make a difference!

## **Benefits of Walking**

- Walking is a low impact way to keep active
- You do not require any equipment – just you and your shoes (or not if you prefer!)
- Walking gets you outside, spending more time in the fresh air
- If you are walking you are not sitting! Many of us live too sedentary lifestyles
- You can go walking solo or in a group making it a social activity
- You can start with small walks and work your way up overtime
- Walking is free and can be done almost anywhere
- Walking can be integrated in work days and off days
- Risk of injury is low
- Reduced risk of heart disease, lower blood pressure
- Enhanced mental health, stress reduction
- Body fat reduction, increased bone density
- Increases coordination
- And so many more!





## A healthy weight can

- help you prevent or manage diabetes
- improve blood sugar, blood pressure and blood lipids (fats)
- reduce the risk of complications such as heart disease and stroke
- improve general well-being and energy levels

Healthy eating and physical activity are key factors in managing weight. Many things can make managing weight a challenge including stress, some medical conditions and certain medications.

## Who can help me?

There are many health-care providers (e.g. dietitian, doctor, diabetes educator, pharmacist) who can help you. Check with them before taking any weight loss medications, supplements, starting intense exercise or changing your diet.

## A healthy weight can be measured in many ways including:

Body Mass Index (BMI) compares a person's weight to their height. For most adults aged 18 to 65, a BMI of 25 to 29.9\* is overweight and, 30 or more is obese.

Waist Circumference (WC) is the measurement around the waist. Too much fat around the waist is linked to health risks. WC goals differ depending on ethnic background and gender. In general, a healthy WC for men is less than 40 in (102 cm) and for women it is less than 35 in (88 cm).

If overweight, losing 5 to 10% of your current body weight is a healthy goal. For someone who is 200 lbs (90 kg), 5 to 10% is 10 to 20 lbs (4.5 to 9 kg). For more information on measuring and interpreting your BMI and WC, visit Health Canada at <http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/qa-qr-pub-eng.php>.

\*Not including pregnant or lactating women, very muscular adults, adults with very lean build. BMI values are age and gender independent, and may not be correct for all ethnic populations.

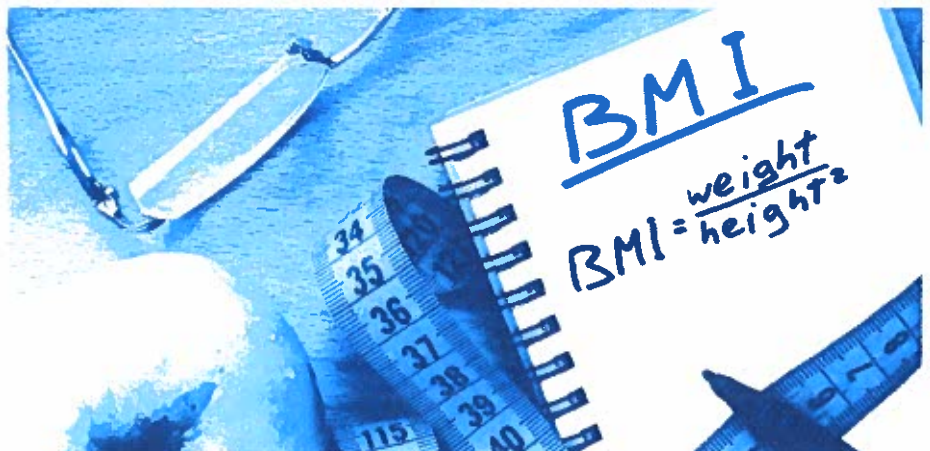
Date:

Weight:

BMI:  $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$

WC:

My goal:



## Challenges and possible solutions

Planning ahead means having solutions to deal with weight management challenges.

Challenges I might face	Possible solutions
<ul style="list-style-type: none"> <li><input type="checkbox"/> I don't know how to start.</li> <li><input type="checkbox"/> I don't feel ready to change.</li> <li><input type="checkbox"/> I get discouraged and give up.</li> <li><input type="checkbox"/> When I lose weight I have trouble keeping it off.</li> <li><input type="checkbox"/> I think my health condition(s) prevents me from making lifestyle changes.</li> <li><input type="checkbox"/> My family and friends are not supportive of my weight loss plan.</li> <li><input type="checkbox"/> I make unhealthy choices when stressed, bored or for emotional reasons.</li> <li><input type="checkbox"/> I don't know what or how much to eat.</li> <li><input type="checkbox"/> I feel deprived when I follow a "diet".</li> <li><input type="checkbox"/> I don't have time to be active and/or to eat well.</li> <li><input type="checkbox"/> It's hard to eat healthy and/or keep active when away from home.</li> <li><input type="checkbox"/> Keeping active and eating well is too expensive.</li> <li><input type="checkbox"/> Other:</li> </ul> <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Meet with a health-care provider to:               <ul style="list-style-type: none"> <li>- discuss your situation and readiness to change;</li> <li>- set realistic goals and develop a personal plan; and</li> <li>- help you with your challenges.</li> </ul> </li> <li><input type="checkbox"/> Discuss your goals with friends and family. Suggest how they can help.</li> <li><input type="checkbox"/> Look for support and/or resources in your community.</li> <li><input type="checkbox"/> Be a healthy role model.</li> <li><input type="checkbox"/> Plan ahead (e.g. make weekly menus and grocery lists, schedule time for exercise).</li> <li><input type="checkbox"/> Keep track of things that affect your choices.</li> <li><input type="checkbox"/> Learn about eating sensible portions and balanced meals and snacks. Avoid fad diets.</li> <li><input type="checkbox"/> Check out <i>Just the Basics, Beyond the Basics, Canada's Food and Activity Guides</i>.</li> <li><input type="checkbox"/> Reward yourself when you reach a goal with something other than food.</li> <li><input type="checkbox"/> What else helps me?</li> </ul> <hr/> <hr/> <hr/> <hr/>

## Believe in yourself

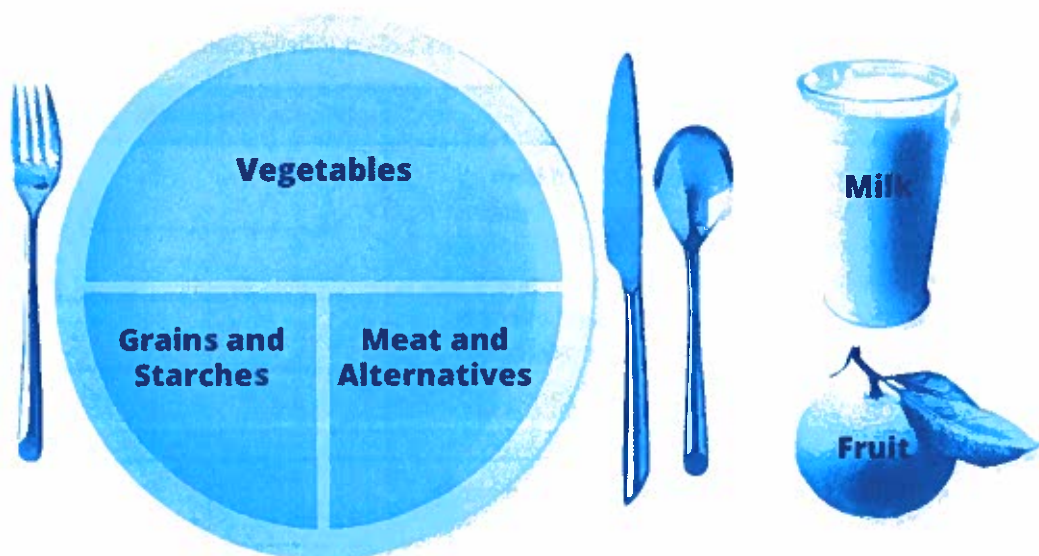
Each person's body has its own size and shape. Feel good about yourself and the behaviour changes you make. Remember to think long-term, but make changes gradually.

## Healthy living tips for a healthy weight

The key to reaching and staying at a healthy weight is to make behaviour changes you can live with. Set realistic goals. Make one or two small changes at a time. When these changes are part of your daily routine, add new ones.

Goal	Tips	Changes I will make
<b>Build exercise into your day</b>	Exercise helps muscles use sugar and burn calories. Do aerobic exercises such as brisk walking, skiing, or biking for at least 150 minutes each week (e.g. 30 minutes, 5 days a week). If you can, increase the amount of time and intensity gradually. Add resistance exercises like lifting weights 2-3 times a week.	<hr/> <hr/> <hr/>
<b>Eat only when hungry</b>	Ask yourself if you are really hungry. Avoid eating out of habit, boredom or for emotional reasons. Eat slowly. It takes your brain about 20 minutes to realize that your stomach is full.	<hr/> <hr/>
<b>Create a healthy eating environment</b>	Plate your food in the kitchen and bring your plate to the table. Keep extra servings in the kitchen to reduce the temptation to overeat. Eat at the table with others rather than in front of a screen (TV or computer).	<hr/> <hr/>
<b>Eat regular balanced meals</b>	Eating 3 meals a day reduces overeating. Start with a healthy breakfast. Each food group is important. Meals should be spaced 4 to 6 hours apart.	<hr/> <hr/>
<b>Choose appropriate portions</b>	Too much food, healthy or not, leads to weight gain. If you can, check your portions with measuring cups or scales. Talk to a dietitian about how much food is right for you. See <i>The Plate Method</i> on the next page.	<hr/> <hr/>
<b>Eat fibre-rich foods</b>	High-fibre foods may help to keep you feeling full longer. Whole grains, vegetables, fruits and legumes (dried beans and lentils) are high in fibre.	<hr/> <hr/>
<b>Choose healthy beverages and snacks</b>	Satisfy thirst with water. Pop, sweetened hot or cold drinks, juice and alcohol can add many unwanted calories. Small snacks can help control hunger. Keep pre-cut vegetables and washed fruit handy for easy snacking. Avoid fried, salty and sugary snacks.	<hr/> <hr/>

## The Plate Method



### Special considerations for people with diabetes

People with diabetes must balance a healthy weight with the need to keep their blood sugar levels within target range. Talk to your health-care team about what is right for you.

- Weight loss and healthy behaviour changes can affect blood sugar control. Find out how by testing your blood sugar level at recommended times and tracking your progress. Diabetes medications may need to be reviewed.
- If healthy behaviour changes do not lead to appropriate weight loss, talk to your health-care team about other options.
- Some complications such as high blood pressure, foot ulcers or eye damage may change the types of exercises you can do.
- Try not to let the fear of low blood sugar prevent you from being physically active and/or eating smaller servings.
- Some diabetes medications may affect weight.

### THE BOTTOM LINE

Positive behaviour changes, even small ones, can help you achieve and maintain a healthy weight and improve your overall health. **Eat well, be active, be yourself!**

**Related articles:** *Physical activity and diabetes, Just the basics, Managing your blood sugar, Eating away from home, Tips for making healthy choices*

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Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and funding research to improve treatments and find a cure.

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## Physical Activity Resources Bank

### Canadian Society for Exercise Physiology

- Webpage: <http://www.csep.ca/home>

- Resources:

- Canadian Physical activity Guidelines for:
  - Older Adults 65+
  - Adults 18 – 64 years
  - Children and Youth 5 – 17 years
  - Early years 0 -4

### Government of Manitoba – Health

- Webpage:

<http://www.gov.mb.ca/health/activeliving/tools.html>

- Resources:

- Workplace motion tools
- 110 ways to be active
- School resources: physical literacy toolkit, student and family guides to activity
- Early years kids in motion

### Alberta Centre for Active Living

- Webpage:

<https://www.centre4activeliving.ca/our-work/physical-activity-counselling-toolkit/>

- Resources:

- printable behaviour change resources, available in a version tailored to Northern populations
- Taking the first steps to becoming physically active
- Making a physical activity plan, setting goals, what stops you from being active, benefits of physical activity
- Diabetes: how to stay safe when being active, physical activity and type 2 diabetes, healthy weight and physical activity

### ParticipACTION

- Webpage: <https://www.participaction.com/en-ca>

- Resources:

- 25 ways to be more active during the workday
- Make room for play facts on sedentary behaviour of Canadian children, youth, and teens
- Healthy Brain infographic
- Screen time log & how to swap screen time for active play tips
- 2018 report card – kids are not moving enough

### Canadian Active Afterschool Partnership

- Webpage: <http://activeafterschool.ca/resources>

- Resources:

- Create a physical activity program plan template tool
- Tips and tricks to running an activity program
- Success stories for positive motivation
- Healthy communities toolkit

### Public Health Agency of Canada

- Resources:

- Printable tips to get active for all age groups
- Physical activity to prevent chronic disease video

### The Aboriginal Physical Activity and Cultural Circle

-Webpage: <http://a-pacc.com/>

-Resources:

- Aboriginal Community Warrior Program
- Traditional activities idea list
- National indigenous Physical Activity Awareness Week Toolkit

### Saskatchewan in Motion

- Webpage: <http://www.saskatchewaninmotion.ca/>

- Resources:

- Community in Motion toolkit
- Community action workbook
- Family in motion tools

