

## Diabetes and Exercise

Exercise improves diabetes management and delays the onset of type 2 diabetes. Whether you have type 1 or type 2 diabetes, or if you are at risk for diabetes, making exercise a part of your lifestyle will improve your diabetes and reduce complications. Exercise also improves blood circulation to all organs, especially the kidneys, brain, heart and eyes, which can be injured by poor diabetes management. Additionally, adults who exercise reap the benefits of stress reduction, blood pressure, and weight control, and decreased LDL cholesterol. Exercising when you have diabetes also lowers blood sugar and improves protein and fat metabolism, slowing organ damage. Be sure to check with your doctor to find an exercise program that works for you.



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### Types of Exercise

Unscramble the words below to find different types of exercise.

1. ikagnlW \_\_\_\_\_
2. giinkB \_\_\_\_\_
3. gwiimmnS \_\_\_\_\_
4. Wtare sboAreci \_\_\_\_\_
5. idraCo \_\_\_\_\_
6. erSntchigt \_\_\_\_\_

***Before, during, or after exercise stay hydrated by drinking water. Drink 8 oz. before exercise and continue drinking water after until you have clear urine. Also, eating a small snack with one carbohydrate serving before exercise can help maintain your blood sugar during exercise. For more information on exercises visit: [www.eldergym.com](http://www.eldergym.com)***