



BEING ACTIVE

Being active is not just about losing weight. It has many health benefits like lowering cholesterol, improving blood pressure, lowering stress and anxiety, and improving your mood. If you have diabetes, physical activity can also help keep your blood sugar levels closer to normal and help you keep your diabetes in control.

It can be difficult to find the time or the motivation to start an exercise program. Everyone's physical abilities and schedules are different; choose the best ways to fit physical activity into your daily life—whether it's walking to work, doing chair exercises or working out at the gym.

The important thing to remember is to choose activities that you enjoy doing and to set goals that are realistic.

Your healthcare provider can help you design an activity plan that works for you.

DID YOU KNOW?

Breaking activity into three 10 minute sessions throughout the day is as good as one 30 minute session. This can help you fit exercise into your schedule.

TRUE OR FALSE?

You are not working out hard enough if you can carry on a conversation.

FALSE. You should be able to talk when doing an activity. If you can't, then your body is working too hard and you need to slow your pace.



Word Wall

EXERCISE (OR PHYSICAL ACTIVITY):

Activities that get your body moving and help you stay healthy

CARDIO:

Exercise that raises your heart rate

RESISTANCE TRAINING:

Activities that help you build muscle and strength



QUICK TIPS

Any amount of physical activity is better than none at all. Making physical activity part of your daily lifestyle burns calories even if it's not part of a structured plan.

Even if you are inactive and out of shape now, you can improve your health by moving just a little more. Take small steps to add more movement into your daily lifestyle. In time, you will find that you are stronger and will be able to move even more!

*Check your glucose before and after physical activity to learn how **your** body responds.*



ACTIVITIES

ASK YOURSELF

What's your all-time favorite activity that gets you moving? _____

What stops you from doing it? *(Circle as many as you want)*

- » Not enough time
- » Too out of shape
- » Too tired
- » Not motivated
- » Can't afford it
- » My _____ hurts too much

What can you do to get started doing this activity or working up to it? _____

Pick some other activities that you enjoy doing:



MAKE A FITT PLAN FOR YOUR PHYSICAL ACTIVITY:

- » **Frequency**—How often will you do this activity? Work up to 5 or more days a week.
- » **Intensity**—How hard should you be working? Remember, you should be able to talk, but not sing during an activity.
- » **Time**—How long will you do it? Be realistic. Start with 5 or 10 minutes, and work up to 30 minutes.
- » **Type of Activity**—What will you be doing? Do something you enjoy!

GET CREATIVE!

- » Partner with a friend to find creative ways to be more physically active.
- » Take your dog for a walk or play fetch at the park.
- » Call a friend to go dancing or put on your favorite song and make the living room your personal dance floor.
- » Find a gym buddy to motivate you to stay active.
- » Take the stairs instead of the elevator.
- » If you eat lunch with a co-worker, ask him/her to join you for a short walk after you eat.



Guide to Label Reading

A **healthy diet** includes eating a variety of foods.

Choose: fruits, vegetables, whole grains, lean meats, poultry, fish and fat-free or low-fat dairy products

Limit: saturated fats, *trans* fats, cholesterol, salt (sodium) and added sugars.

General Guide to Calories

- ~ 40 Calories per serving is low
- ~ 100 Calories per serving is moderate
- ~ 400 Calories per serving or more is high
- ~ Meals and main dishes: \leq 120 calories per 100 grams

Fat/Cholesterol: Goals per 100 gram of product:

- ~ < 5 g total fat per serving
- ~ \leq 1 g saturated fat per serving
- ~ < 300 mg cholesterol per day

Trans Fats: Minimize intake

- ~ \leq 1 g trans fat per serving
- ~ Avoid foods with the term “hydrogenated” or “Partially hydrogenated” in the ingredient list.

Nutrition Facts		
Serving Size $\frac{3}{4}$ cup (27g)		
Servings Per Container about 16		
Amount Per Serving	Wheaties	with $\frac{1}{2}$ cup skim milk
Calories	100	140
Calories from Fat	5	10
% Daily Value**		
Total Fat 0.5g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	10%
Potassium 95mg	3%	9%
Total Carbohydrate 22g	7%	9%
Dietary Fiber 3g	11%	11%
Sugars 4g		
Other Carbohydrate 15g		
Protein 3g		

Fiber Goals: Strive for 26 grams per day

- ~ < age 50: 38 grams a day (men) and 25 g a day (women)
- ~ \geq age 50: 30 grams a day (men) and 21 g a day (women)
- ~ Choose more fruits, veggies, dried beans and whole grains

Perceived Exertion Scale

When exercising, it's important to monitor your intensity to make sure you're working at a pace that is challenging enough to help you reach your goals, but not so hard that you injure yourself. One way to do that is to use a Perceived Exertion Scale. For moderate intensity workouts you want to be at around Level 3-5.

- Level 1: I'm watching TV and eating bon bons
- Level 2: I'm comfortable and could maintain this pace all day long
- Level 3: I'm still comfortable, but am breathing a bit harder
- Level 4: I'm sweating a little, but feel good and can carry on a conversation effortlessly
- Level 5: I'm just above comfortable, am sweating more and can still talk easily
- Level 6: I can still talk, but am slightly breathless
- Level 7: I can still talk, but I don't really want to. I'm really sweating.
- Level 8: I can grunt in response to your questions am really pushing it.
- Level 9: I can only keep this pace for a short period of time.
- Level 10: All out effort

Talk Test

This is just what it sounds like--the ability to talk during your workout can help you determine how hard you're working. The American Council on Exercise sponsored a study about the Talk Test and found that it is an accurate way to monitor how hard you're working. If you can speak comfortably, you're probably exercising at a moderate level.



Handy Guide to Portion Sizes



3 ounces (woman's palm)

1 serving of meat (beef, chicken, turkey or fish)



1 cup (woman's fist)

1 serving of cooked vegetables, salads, casseroles, stew, soup and milk



1/2 cup (half of a fist)

1 serving of fruit, fruit juice, starchy vegetables (corn, potatoes, peas), dried beans, pasta, rice and cereal



1 ounce (handful)

1 serving of snack food (crackers, chips)
1 slice cheese



1 tablespoon (thumb tip)

1 serving of salad dressing or cream cheese



1 teaspoon (fingertip)

1 serving of margarine or butter, oil or mayonnaise