

The Value of Being Active When You Have Diabetes

Increasing movement by being more active and exercising is one of the best things we can do for ourselves. This is especially true for people with diabetes or prediabetes.

Along with making healthy food choices, taking medications if necessary, and monitoring your blood glucose, exercise is an important part of your diabetes management plan.

Whether you are newly diagnosed, or have been living with diabetes for years, adding exercise to your daily routine will help make all your efforts to manage your diabetes more effective.

“I get up now in the mornings-- I’m usually up by five thirty, I’m out on the track by six o’clock or six fifteen, and I do put in maybe two or three miles around the track and I found out that helped.”

Exercise can have a positive impact on your blood glucose levels. In the short-term, you will notice your daily blood glucose readings go down, which in turn will lower your A1c level, a long-term indication of your overall blood glucose levels.

Not only will exercise help you reach a healthy blood glucose goal, it can help you reduce body fat and increase lean body mass, which are key factors in diabetes management.

“I’ve noticed that I feel like a different person and the things that I’m able to do now are just night-and-day difference compared to when I was 350 pounds.”

Exercise and moderate weight loss are also good for your heart. This is especially important because people with diabetes have an increased risk of heart disease.

Exercise can reduce your risk of heart attack and stroke by improving your cholesterol and blood pressure levels, and by improving the health of the blood vessels supplying oxygen to the heart and brain.

And exercise has another benefit – it can reduce stress and improve mood, giving you an increased sense of well-being and accomplishment.