

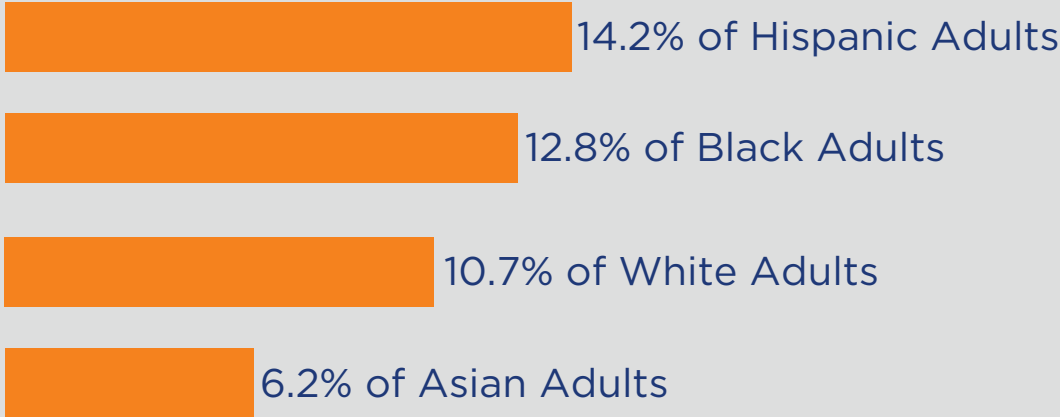


# EXERCISE FOR DIABETES

## November is National Diabetes Month

Take action now to prevent or help manage diabetes

### DIABETES PREVALENCE IN ILLINOIS



Diabetes is the **8<sup>th</sup>** leading cause of death in Illinois



**341,000** people in Illinois don't know that they have diabetes

Ask your doctor for diabetes screening today!



### WHAT IS DIABETES?


When your body is unable to properly use or produce insulin, a hormone needed for sugar to enter cells, this causes

**high blood sugar (glucose) levels.**



### WHAT HAPPENS WHEN YOU HAVE HIGH BLOOD SUGAR?

It can damage the body and lead to:

- kidney disease 
- heart disease 
- vision loss 



### HOW EXERCISE CAN HELP DIABETES



- Can help reverse prediabetes
- Prolong the progression of prediabetes to type 2 diabetes
- Can work with medication and diet to control blood sugar


Exercise can help take more sugar out of your blood by at least **40%**

It's easier for your cells to use blood sugar for energy for up to **48 hours** after exercise

For individuals who are overweight or have obesity, losing just **5-7%** of your body weight can reduce the risk of diabetes

### TIPS FOR EXERCISING TO PREVENT OR MANAGE DIABETES

Exercising most days with a **combination of aerobic and strength training** is most effective for managing blood sugar levels

- Aerobic Exercise:
  - Things like walking, swimming, or dancing
- Strength Training: 
  - Lifting weights or an at-home workout
    - Do 8-10 exercises with 2-3 sets of 10 repetitions of each exercise

### HOW TO SAFELY EXERCISE WITH DIABETES

- **Consult** your healthcare provider to see what exercise is safe for you
- **Ensure** your blood glucose is between 100-240mg/dL before exercising
- **Check** your feet for sores or irritations post-exercise