

# Being active

## Regular physical activity can

- Lower your blood sugar, blood pressure, and cholesterol
- Relieve stress
- Help you lose weight

Walking for 30 to 45 minutes, 3 or more times a week can be good for you. Walking helps build strong bones. Plus, you may sleep better and have more energy.



**Ask your health care team before starting an exercise program or making major changes.**

## DIABETES

### Being active

### Physical activity can be easy and fun

- Walk the dog
- Garden
- Bike
- Dance
- Play sports

Find the right activity for you.



Focus on 30 minutes of movement a day.

