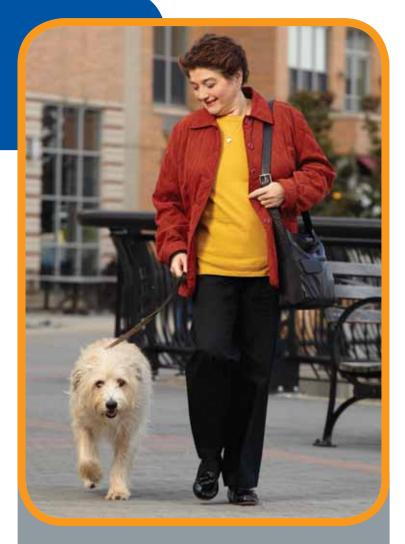
DIABETES

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.



Being active

Physical activity can be easy and fun

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

Find the right activity for you.

