

Physical Activity Can Help Prevent Diabetes

Physical activity is one of the best things you can do if you have prediabetes. By getting regular exercise, changing your diet, and losing weight, you can feel great and help prevent diabetes.

Exercise tips

Do moderate activity for at least 30 minutes a day, at least five days a week. You might want to try brisk walking or cycling, or things like vacuuming or gardening. Even tasks you do at work can help. Anything that raises your heart rate is good.

Do vigorous activity for at least 25 minutes a day, at least three days a week. An activity is considered vigorous if you can't have a conversation while you're doing it. This includes:

- Jogging
- Cycling fast
- Playing basketball

All you need is 10 minutes

If you're busy, try to exercise in 10-minute chunks. Every bit helps! And, if you can, do muscle-strengthening exercises at least two times a week.

Before starting an exercise program

- Talk to your doctor about how and when to exercise
- Choose a type of exercise that you like, start slowly and increase gradually

See the other side for great ways to start getting active!



Prediabetes:
High blood sugar,
but not high enough
to be type 2 diabetes.

Great ways to get active

Want to get more active, but unsure how to start?
Find something from these lists you enjoy!

Moderate

-  Brisk Walking
-  Low-impact aerobics
-  Weight lifting
-  Swimming
-  Playing frisbee
-  Shoveling snow
-  Vacuuming
-  Digging in the garden

Vigorous

-  Walking uphill, jogging, or running
-  Jumping rope
-  Push-ups or jumping jacks
-  Swimming laps
-  Hiking (backpack)
-  Mountain biking
-  Bringing groceries upstairs
-  Carrying boxes or furniture

Talk to your doctor about how and when to exercise.
You may need to have a medical exam and tests before you begin.

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