

Developing an exercise program

What you will need

1. Check with your doctor for the exercise program that is best for you.
2. Shoes that fit well and are comfortable.
3. Loose fitting clothing.
4. Have fun!

Recommendations for success

1. Keep a daily record: A simple chart of the date, blood sugar, and amount of time of continual walking.
2. Walking should be continual and rhythmic: Swing your arms and walk along at an even rhythmic pace. Do not stroll along and do not stop unless necessary.
3. Look for convenient and safe places to walk like the mall, grocery store, church building, or school gym.
4. Ask your doctor or nurse how long and how fast you should walk each day.
5. Keep active during the day: Develop better movement habits. Sit less, move more. While watching TV, walk in place or exercise.
6. Remember diet control (eat what and how your doctor or nurse have told you).
7. Report to your doctor if you have any of the following symptoms during or after your daily walk:
 - a. Feeling very tired
 - b. Lightheadedness or dizziness
 - c. Nausea and/or vomiting
 - d. Increased or new pain in muscles or joints
 - e. Pain in the chest, teeth, jaw, arms, or ears
 - f. Shortness of breath

(over, please.)

8. Do not walk right after meals. Wait at least 30 minutes to 1 hour.
9. Walking should be done on level (flat) surfaces. Slow down on hills or curbs.
10. Warm up before exercise with gentle stretching.
11. Do not exercise during the hottest part of the day in the summer.
12. If it is too cold to walk outside in the winter, ask your doctor or nurse for other indoor exercise you can do.

Be careful

1. Check blood sugar before and 30 minutes after exercise.
2. Check pulse before and after exercise. Ask your doctor or nurse to teach you to do this.
3. Check your feet before and after exercise.
4. Carry a carbohydrate snack like crackers or bran cereal.
5. Carry I.D. that gives name, address, medical condition, and medications.
6. Walk in safe place and away from heavy traffic.
7. Stop exercise immediately if you:
 - a. Feel tightness or pain in chest, arms, jaws, or teeth
 - b. Have severe shortness of breath
 - c. Feel your heart racing or have nausea

Benefits of exercise

A successful exercise program can offer you many of the following benefits:

- Improves your resting heart rate and blood pressure.
- Strengthens your heart.
- Lowers your percentage of body fat. Helps control weight.
- Lowers cholesterol. Increase protective cholesterol levels.
- Lowers blood sugar levels by increasing sensitivity to insulin.
- Helps to balance food, insulin, and exercise.
- Increases energy level.
- Provides a sense of well-being and satisfaction.

Source: Indiana Chronic Disease Management Program