

## Physical Activity

### Why is it important to be active?

- Getting more active can help you prevent or delay type 2 diabetes.
- Being physically active can lower your blood sugar. The body does this by making your cells better able to use insulin to take up blood sugar.
- Lose weight or maintain a healthy weight, especially when combined with a healthy diet.

### Calories

- When you eat food, you take in calories (energy).
- Calories in food come from fat, carbohydrates (starches, sugar), protein, or alcohol.
- The number of calories in any food you eat depends on what is in that food.
- The type of activity, the amount of time you are active, and how much you weigh influence the number of calories you use in a certain activity.

### What is a Healthy Weight?

BMI (short for “body mass index”) is a ratio of your weight to height. It is used to estimate total body fat.

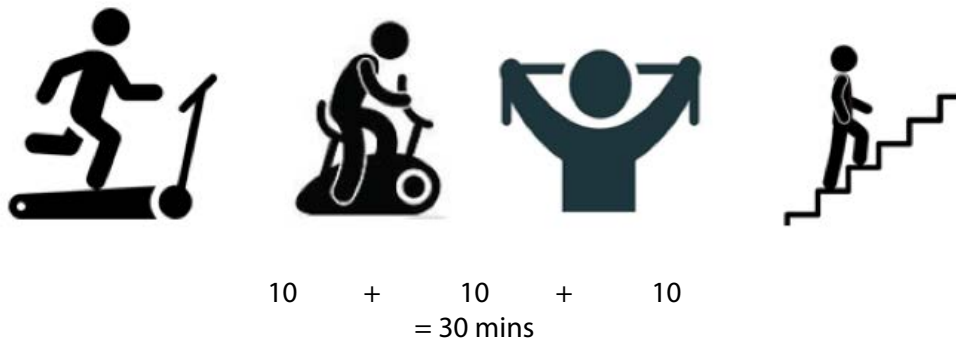
- South Asians have some of the highest BMI levels compared to other racial groups. South Asians are considered overweight at a BMI of 23 or above
- Losing 5% of body weight can make a difference can help lower your blood sugar.

### How Much Physical Activity?

150 minutes of physical activity are needed in a week.

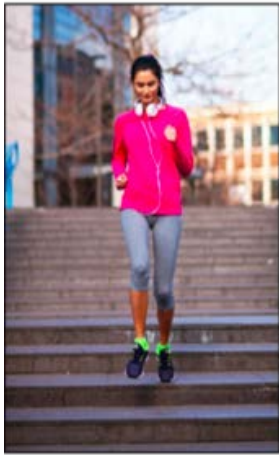
Break these 150 minutes up:

- 30 minutes per day x 5 days
- Option 1-30 minutes once per day
- Option 2-10 minutes at a time, 3 times per day



## How to Increase Your Physical Activity

# How to Increase Your Physical Activity



- Brisk Walking
- Jogging
- Zumba Class
- Swimming
- Climbing Stairs

Endurance/  
Aerobic

Strength



- Doing a squat
- Doing a push-up
- Using weights to do bicep curls
- Using resistance bands
- Jumping

Flexibility

Balance



### Tips to be More Active Everyday

- Take the stairs instead of the elevator!
- Take a few extra trips up and down the steps at home to strengthen your legs and build endurance.
- When taking a break at work, stretch or walk around instead of taking a coffee break and eating.
- Try to walk after every meal (this is good for digestion too!)
- Move around or do some light jogging during commercial breaks if you are watching television at home.

### Fighting Excuses

- Don't have enough time? Try to exercise first thing in the morning before your day gets busy
- Too expensive? Try using soup cans or water bottles for some light strength training
- Too boring? Do activities that you enjoy and try to change up the types of exercise you do

### **Finding an Exercise buddy**

When you exercise with a partner, you are more likely to:

- Feel more motivated-when you and your buddy encourage each other, you'll work harder.
- Be more consistent-when someone else is counting on you to show up, you don't want to let them down.
- Be more adventurous –it is easier to try new thing with a buddy.

### **Take it Slow**

- Start by taking small changes:
  - Taking the stairs more often
  - Doing yard work
  - Walking around the block
- Check with your doctor about recommended levels of physical activity for your or before starting a new activity.