

# EXERCISE: SMALL MOVES, BIG DIFFERENCE



## LOOKING TO GET STARTED WITH EXERCISE?

Getting healthier when you have diabetes doesn't have to mean a complicated routine. Increasing your level of physical activity even a little bit can help make a difference.

Regular exercise may help you control your weight, increase your strength and ease of movement, and reduce stress.

## A WALK IN THE PARK

Walking may be a good way to start being more active. It's convenient and low cost. You can walk anywhere—in a shopping mall, local park, or in your neighborhood. It can be as simple as walking the dog. Walking also can be a relaxing social activity.

## HEALTHY IDEAS

Here are some more activities to try. See how even simple activities can really add up?

Remember, talk to your healthcare provider before beginning any exercise program to make sure you're getting started with exercise in a healthy way.

### PHYSICAL ACTIVITY

	CALORIES PER MINUTE	CALORIES PER HOUR
Walking (3.5 miles/hour).....	5	280
Dancing.....	5.5	330
Gardening.....	5.5	330
Bicycling (less than 10 miles per hour).....	5	290
Golf (carrying clubs).....	5.5	330
Running/Jogging.....	10	590
Swimming (general).....	8.5	510
Stationary bike (moderate).....	10	622
Aerobics.....	8	480

*Approximate calories used (burned) by a 154-pound man. <http://www.choosemyplate.gov/physical-activity-calories-burn>*

## YOUR NEXT MOVE

Make plans to try one of these activities with a friend, family member, or even alone. Then you can discuss what works—and what doesn't—at your next appointment with your healthcare provider.

For more fun and easy ideas for getting active, go to **[www.LillyDiabetes.com](http://www.LillyDiabetes.com)**.