

Getting Active

Sticking With It

Make daily activity a lifelong habit. Once you feel good about being active, look for ways to stick with your new active lifestyle. The key is finding activities that you enjoy. Vary your routine from day to day to keep from getting bored. See the box below for ways to add activity to your day. Check off at least two ideas that you would like to try.

Keep Activity Simple	Make Activity Fun
<p>Physical activity doesn't have to be hard to do to help you manage your blood glucose. Choose activities that fit into your everyday routine, such as:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yardwork (gardening, mowing the lawn, or raking leaves). <input type="checkbox"/> Riding a bike to go shopping or run errands. <input type="checkbox"/> Walking the dog around the neighborhood after dinner. <input type="checkbox"/> Parking farther away from store entrances. <input type="checkbox"/> Taking the stairs instead of the elevator whenever possible. 	<p>Plan activities you enjoy. The more fun you have, the more likely you'll stick with it. Here are some ideas to get started:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Join a social group that walks or does another activity. <input type="checkbox"/> Bowl or golf with friends. <input type="checkbox"/> Put on your favorite music and dance at home. <input type="checkbox"/> Find interesting places to walk, such as museums, parks, malls, or the zoo. <input type="checkbox"/> Hike, bike, or go to the park with kids or grandkids.

Talk to your healthcare provider before you start or change your physical activity level or an exercise routine.