

Physical activity and Diabetes



The traditional way of life was very active. Now most people are not as active as they should be to stay healthy. People who are physically active are less likely to develop Type 2 Diabetes.

If you are not active you are missing out on the benefits of physical activity:

- Being active helps you lose weight. This can help to manage back pain and knee pain. Physical activity builds and maintains healthy bones, muscles and joints.
- Being active helps you deal with life's stresses and feel better
- Working your muscles helps you manage your blood glucose and prevent the complications of diabetes.
- Being active helps lower your blood pressure and lowers your level of blood cholesterol. This lowers your risk for heart disease.

Be more active!

Remember, you don't need to do it all at once. Add up your activities in periods of at least 10 minutes each. Aim for 30-60 minutes a day.

Stop your activity and see your health professional if you get:

- Chest pain
- Short of breath
- A fast heartbeat
- Dizzy, confused or shaky

Nunavut's Physical Activity Guide

NUNAVUT'S PHYSICAL ACTIVITY GUIDE TO HEALTHY ACTIVE LIVING

Get Active!
Your way, Every Day – For Life!

REDUCE
sitting for long periods



Choose a variety of activities from these groups

Increase
**STRENGTH
ACTIVITIES**

(2-4 days a week)

Activities against resistance to strengthen muscles and bones and to improve posture.



Increase
**FLEXIBILITY
ACTIVITIES**

(4-7 days a week)

Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.



STRENGTH



FLEXIBILITY



ENDURANCE



Increase
**ENDURANCE
ACTIVITIES**

(4-7 days a week)

Continuous activities for your heart, lungs and circulatory system.

Starting slowly is very safe for most people.

Not sure? Talk to your health centre.

