

## EXERCISE

***This information sheet is for your general information and is not a substitute for medical advice. You should contact your physician or other healthcare provider with any questions about your health, treatment or care.***

It is never too late to start an exercise programme. You don't need to join a gym or buy expensive equipment. The best exercise is the one which you enjoy doing.

Please first consult your doctor before starting any exercise programme.

### **Small steps to get you started**

- Walk up the stairs instead of taking a lift.
- Park your car a distance from your destination and walk the rest of the way.
- If you need to wait for somebody or something, walk about instead of sitting.
- Play active games with children.
- Walk your dog, as this is an opportunity to be active.
- Take up gardening. This is also a good form of exercise.
- Exercise with a friend.
- If you are diabetic, wear your diabetes ID (or medic alert bracelet) and always carry a source of fast-acting glucose with you, e.g. dextrose tablets or some fruit juice. Use it to prevent or treat low blood sugar, if needed.
- Wear well-fitting shoes and socks that absorb moisture and protect your feet. Always check your feet for injuries after exercise.
- If you are diabetic, it is advisable to test your blood glucose before and after exercise. Don't exercise if your blood glucose is over 16.7mmol/l or under 3.8mmol/l. Remember that the effects of exercise on blood sugar can last for several hours. Be sure to check your blood sugar regularly.
- If you have not exercised in a while, start slowly and increase gradually. Set realistic goals.
- Exercise is best if done five times a week for 20 minutes each day (work out an exercise programme in consultation with your doctor).
- Warm up slowly for about 10 minutes before exercising.
- Cool down for about 10 minutes after exercising.
- You should be able to talk or sing whilst exercising. If you can't then you are working too hard.
- Drink more water or other liquids that are low in calories while you exercise.

### **Contact details**

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