



Diabetes Care Sheet

Physical Activity

Physical Activity can help reduce the risk of diabetes

- To reduce the risk of diabetes, adults should accumulate at least 150 minutes of aerobic physical activity per week
- It is also beneficial to add strength training using major muscle groups at least 2 days per week
- More physical activity provides greater health benefits.

Pick a time
Pick a place
Make a plan
and move more!

- Join a community running or walking group
- Go for a brisk walk after dinner
- Chop wood and then offer to do the same for a neighbour
- Bike or walk every day
- Take up a favourite sport again or try a new sport
- Go skating or tobogganing with the family
- Go fishing or hunting with your friends



"Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them."

-Lee Haney

*Tips provided in conjunction with Canadian Society for Exercise Physiology (CSEP) www.csep.ca

