



# 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](http://www.csep.ca)

