



Quick Tips for Being Active
Staying fit

 **ACCU-CHEK®** *Healthy Habits*
OF LIVING WITH DIABETES



Are you physically active?

You are probably more active than you realize. Yard work, housecleaning, climbing stairs or any other physical activity that you enjoy qualifies.

When you're physically active, you:

- Increase your strength, endurance and flexibility
- Burn extra calories
- Raise your metabolism
- May lose weight
- Improve your cholesterol
- Improve your blood sugar
- Help your body use insulin better
- Feel better

Finding the time

Try to be physically active 5–7 days a week. The length of your activity session should depend on your fitness level. If you can't find a regular block of time, try several 10-minute sessions.

If you have type 1 diabetes, your fasting sugar level is above 250 mg/dL, *and* you have ketones in your urine, do not exercise.¹

Physical activity doesn't have to be hard—any activity that gets you moving can be helpful.

Easy does it

Check with your doctor before starting an activity program; then gradually work up to at least 30 minutes without stopping. For weight loss, strive for 45–60 minutes.

Include slow, easy warm-up and cool-down activities, such as stretching, with each workout.

Work with your healthcare team to determine a physical activity plan that's right for you.

My Activity Plan

Use this chart to help plan your physical activity. Your healthcare team can help you determine activities that are best for you.

| | What I will do | When I will do it | How long I will do it |
|-------------|-----------------------|--------------------------|------------------------------|
| Sun | | | |
| Mon | | | |
| Tues | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |
| Sat | | | |

How can you stay motivated?

One of the best ways to stay motivated is to set realistic goals, and then reward yourself when you meet them. Remember that physical activity doesn't have to be routine or dull—try a variety of activities. If you don't enjoy exercising alone, explore other options, such as exercising with a partner, participating in a sports team or joining a dance class.

Tips for staying healthy and staying fit

- Always carry some form of fast-acting carbohydrate during exercise to treat possible low blood sugar (glucose).
- Wear a medical identification tag to alert caregivers if you are injured.
- Wear comfortable shoes and cotton socks.
- Walk instead of drive, when possible.
- Take stairs instead of elevators.
- Do yard work or housecleaning every day.




What about blood sugar control?

Exercise lowers blood sugar levels, so you may need to reduce your dose of insulin or diabetes medication, or you may need a snack beforehand. If weight loss is a goal, adjusting your insulin or medication is better than having a snack.

Monitor your blood sugar before and after exercising to determine your specific needs, and discuss medication and meal adjustments with your healthcare team.

Hypoglycemia sometimes occurs hours after intense workouts. If you exercise in the evening, check your blood sugar before bed and take measures to prevent hypoglycemia during the night, such as having a bedtime snack.

If you have type 1 diabetes, your fasting sugar level is above 250 mg/dL, *and* you have ketones in your urine, avoid physical activity.¹



Physical activity lowers blood sugar levels, so it's important to monitor your blood sugar closely when you exercise.



ACCU-CHEK® Healthy Habits
OF LIVING WITH DIABETES

Healthy Eating

Being Active

Monitoring

Taking Medication

Problem Solving

Healthy Coping

Reducing Risks

Being active

Getting fit is a step-by-step process, and *staying* fit brings a lifetime of rewards. That's why regular physical activity is one of the Healthy Habits of Living with Diabetes. Roche, the maker of ACCU-CHEK® products, offers a variety of options to help you manage your diabetes—so you can go beyond living life to loving life.

Call the ACCU-CHEK Customer Care Service Center at 1-800-858-8072 or visit the award-winning **accu-chek.com** for additional tools and resources.



¹ American Diabetes Association. "Getting Started." Available at: <http://www.diabetes.org/weightloss-and-exercise/exercise/getting-started.jsp> (accessed June 28, 2007).



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