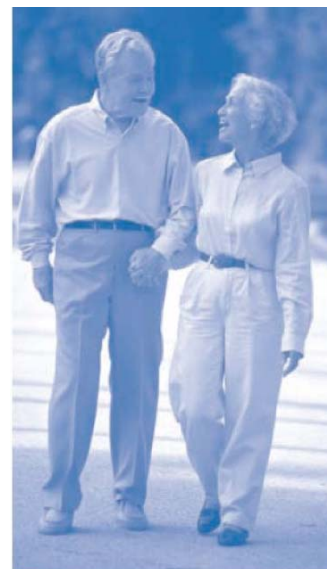


## Get Moving: Getting Started

You can prevent or delay the onset of diabetes by losing weight through small changes in eating and physical activity.

There are lots of things you can do at home and at work to get more physical activity throughout the day. You don't have to play a sport or go to a gym to be more active, unless that's what you like to do. You can walk or try swimming, water aerobics, biking, dancing, or any activity that keeps you moving toward the goal of 30 minutes of moderate-intensity physical activity five days a week. Before you start a physical activity program, be sure to talk with your health care provider.



Use these tips to get started, keep you moving, and make your physical activity time more fun.

### **SMALL STEPS FOR GETTING MORE PHYSICAL ACTIVITY**

You don't have to play a sport or go to a gym to be more active, unless that's what you like to do.

#### **Dress to move.**

Wear supportive shoes with thick, flexible soles that will cushion your feet and absorb shock. Your clothes should allow you to move, and keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.

### **Start off slowly.**

Start off by taking a 5-minute walk (or doing another physical activity that you like) on most days of the week. Slowly, add more time until you reach at least 30 minutes of moderate-intensity physical activity five days a week.

### **Build physical activity into your day.**

Start or end your day by taking your dog—or a friend’s dog—for a brisk walk. When shopping, park a little further away from the store’s entrance. If it’s safe, get off the bus a stop or two before your work place and walk the rest of the way. While watching TV, walk or dance around the room, march in place, or do some sit-ups and leg lifts. Double bonus: cut out a TV show and get moving



### **Move more at work.**

Try to get a “movement break” during the day. Take a walk during lunchtime. Deliver a message in person to a coworker instead of sending an email. Walk around your office while talking on the telephone. Take the stairs instead of the elevator to your office.

### **Count your steps.**

You may be surprised to learn how much walking you already do every day. Try using a pedometer to keep track of every step. A pedometer is a gadget that counts the number of steps you take. The number of steps in one mile depends on the length of your stride, but one mile equals roughly 2,000 steps. Each week, try to increase the number of steps you take by 1,000 (about 250 steps per day), aiming for a goal of 10,000 steps per day. Use this information to help

you meet your 30 minutes of physical activity per day. Also, be sure to read the instructions for your pedometer.

### **Stretch it out.**

Avoid stiff or sore muscles or joints by stretching after doing physical activity. Try not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable.

### **Make it social.**

Try to schedule walking “dates” with friends or family members throughout the week. For family fun, play soccer, basketball, or tag with your children. Take a class at a local gym or recreation center. Organize a walking group with your neighbors or at work. When you involve others in your activities, you are more likely to stick to your program.

### **Have fun.**

Getting more physical activity doesn't have to be boring. Turn up the music and boogie while cleaning the house. Go dancing with friends and family members. Play sports with your kids. Try swimming, biking, hiking, jogging, or any activity that you enjoy and gets you moving. Vary your physical activities so you won't get bored.



### **Keep at it.**

Pay attention to small successes. The longer you keep at it, the better you'll feel. Making changes is never easy, but getting more physical activity is one small step toward a big reward—a healthier life.

*Source: Your Game Plan to Prevent Type 2 Diabetes, National Diabetes Education Program*