

Diabetes and Physical Activities Suggested activities

A good way to control diabetes is through physical activities.

Increasing physical activity, even very small increase, is beneficial for your life. When you have diabetes, physical activity is as much important as good nutrition.

More you move, more your muscles contract and burn sugar. The result... it's decreasing the sugar in the blood and help to control the weight.

When you start a new physical activity, you may have fatigue, this is normal, this is a good fatigue. Keep going and you will see how good it feels after.

Here is a list of activities you can do:

Walk with your children Walk to go to the grocery Play music	Dance your h
At your work, instead of calling someone in the store/office, walk to his/her desk	 makes you en Clean
Stretching – Yoga (kids from Cirqiniq learn yoga postures, ask them in your village or TLS teacher)	Wash y Clean i Berries Do sor
Go to the swimming pool (VERY VERY GOOD when you are pregnant, everyone)	Clean
Aerobic in water	
Swim in the pool, lake or river while the good weather (crawl, float, brass	u -
Cooking in family (fish, caribou, bannock)	
Fast walk	

- (put music and dance in ouse)
- ne cleaning in the house (it you move, it is good...and nd up with a clean house)
- the clothes, fold the clothes
- your dishes (and stand up)
- the floor
- s picking
- ne painting (stand up)
- wastes in town or on the



Here are exercises you can find on Diabetes Quebec website.

Body part	Movement			
Neck and head	Do « yes » and « no » Move your head on each side			
Shoulders	Do "I don't know" using your shoulders Make circles with your arms and shoulders			
Arms	Move arms backward and forward			
Elbow	Move your arms on each side like a doll (puppet)			
Wrist	Make circles with your wrist			
Knees	Hold yourself on a wall and move your leg (one at the time) forward and backward			
Hips	Hold yourself on a wall and make circles with your whole leg Hold yourself on a wall and balance forward and backward your whole leg			
Ankles	Hold yourself on a wall and balance forward and backward your foot			

Stretching You can sit for those exercises Stand up for the following exercises

If you have any questions, go to the clinic, We are here to help you to get well!