

PLEASE REMEMBER!

- ▶ Before you start exercising, get a doctor's advice.
- ▶ Always start slowly at your own pace and build up gradually.
- ▶ Get a suitable and comfortable pair of shoes.
- ▶ Dress lightly.
- ▶ Do not compete but perform the exercise according to your own limits and ability.
- ▶ Do not sit down immediately after you have finished exercising.



- ▶ Intensity of the exercise should be such that pulse rate reaches 120 – 150 beats/minute (20 – 25 beats in 10 seconds).



- ▶ Do not exercise if the blood glucose level is high. Carry some form of sugar when you exercise in case your blood glucose falls very low.

- ▶ Do not exercise:
 - if not feeling well
 - when the weather is very hot
 - within 2 hours of a heavy meal
 - more than you can
- ▶ Stay within limits set by your doctor.

The most important thing to remember before beginning any exercise programme is to consult your doctor if you:

- are over 35 years of age
- are uncertain of your health
- have not been exercising regularly

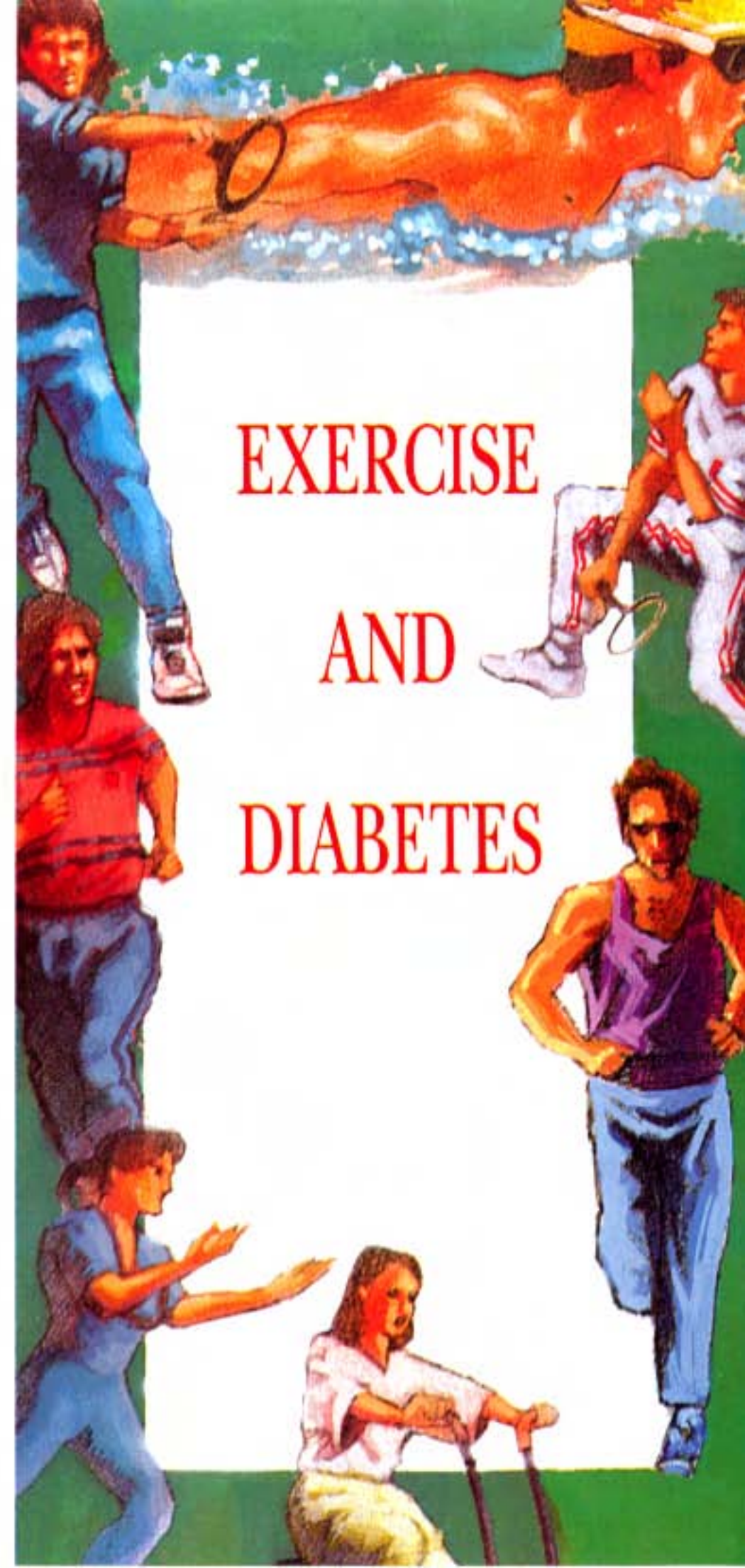
**• RIGHT WEIGHT
• RIGHT DIET
• REGULAR EXERCISE
PREVENT DIABETES**



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EXERCISE AND DIABETES

Why exercise is important?

Exercise is important in the control of diabetes. It should be done regularly and should be part of our daily routine.

Exercise helps to:

- ▶ reduce the level of sugar in the blood
- ▶ improve blood circulation
- ▶ control weight
- ▶ strengthen the heart
- ▶ relieve stress

How much to exercise?

Exercise should be done regularly and correctly. It should balance the amount of food we eat. For most of us 20 to 30 minutes of exercise should be enough. Exercise should be carried out 3 to 4 times a week in order for it to be effective. Daily exercise is preferred.

An exercise should be vigorous enough to cause heavy breathing or panting but not gasping. It should raise the pulse rate to 120 – 150 beats per minute.

What type of exercise?

The kind of exercise to choose depends on our physical condition, age and choice. It must be enjoyable and be capable of being incorporated into our daily life.

The most common exercises are:

- ▶ jogging
- ▶ swimming
- ▶ cycling
- ▶ brisk walking
- ▶ climbing the stairs
- ▶ skipping
- ▶ racquet games such as tennis or badminton.

Before you start doing an exercise see a doctor for advice.

3 phases of exercise

Exercise should consist of:

- i. 10 minutes of warm-up in the form of general movements and general stretching exercises.
- ii. 20 – 30 minutes of exercise proper such as jogging, brisk walking, swimming, skipping, cycling, etc.
- iii. 5 – 10 minutes of cooling down including further stretching.

This is to be strictly followed to avoid injury.

