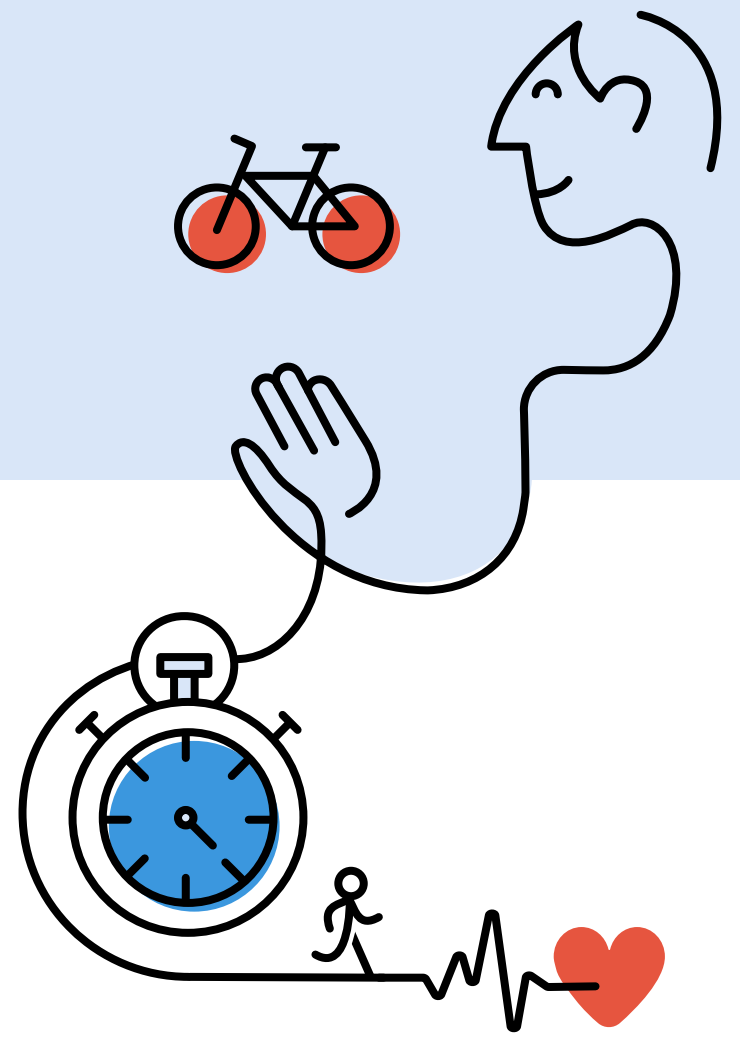


Starting With the First Step



Why is regular physical activity so important?

Exercise helps your cells become more sensitive to insulin so that the insulin works more effectively. **In fact, the American Diabetes Association (ADA) recommends 150 minutes of moderate to vigorous exercise per week.** And there's good news: You can break it up into smaller chunks to fit your routine and schedule.

No gym membership required



Light walking is a great place to start, then work your way up to a brisk pace over time. Keep it fun by bringing a friend or listening to a podcast



Practical activities count, too, like gardening, washing the car, or mowing the lawn



Low-impact activities include yoga, swimming—or even a little dancing!



If you haven't exercised in a while, keep it short: Try 10 minutes at a time, then work your way up to 30-minute intervals as you get used to it

As always, safety first



Always keep some form of glucose (sugar) handy while exercising, just in case your blood glucose runs low



Wear comfy shoes and socks that fit well, and keep an eye on your feet. Let your care team know right away if you spot cuts, sores, blisters, redness, or other problems

Talk to your doctor to create an activity plan that's right for you



Looking for more about getting moving?
Visit [NovoCare.com](https://www.novocare.com) for tips and tools.

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