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Moodboard

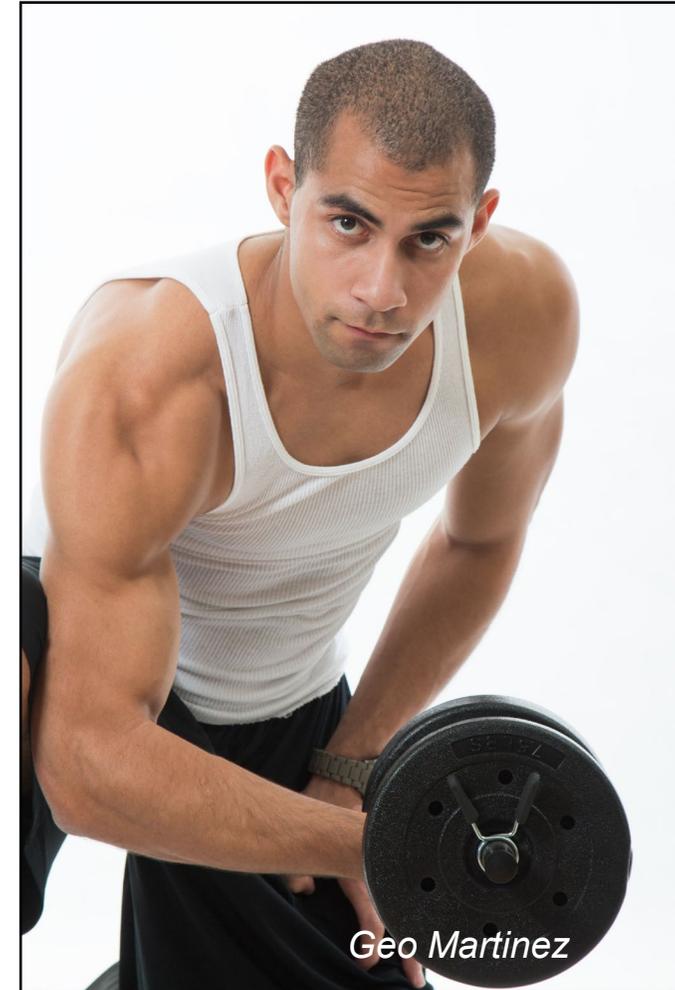
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**GET UP AND MOVE!
PHYSICAL ACTIVITY**

I. REASONS FOR PHYSICAL ACTIVITY?

A. Why Does Everybody Need Activity?

1. Strengthens the muscles and the heart.
2. Increases energy levels.
3. Burns calories and reduces body fat.
4. Reduces stress and makes us feel better.
5. Improves sleep.
6. Decreases blood pressure.
7. Prevents bone loss.



B. Why Do Persons with Diabetes Need Physical Activity?

1. Lowers blood glucose levels.
2. Improves body's capacity to use insulin.
3. Helps lower body weight, cholesterol levels and blood pressure.
4. Lowers doses of medicines or insulin needed to control blood glucose and blood pressure.



II. TAKE PRECAUTIONS BEFORE YOU START EXERCISING

A. Questions to Determine if a Person is Ready to Start Physical Activity

1. Were they recently treated for selected complications?
2. Are they ready to start an exercise routine?
3. Have they consulted a doctor about exercise?
4. Do they have health problems or physical limitations for exercise?
5. Do they have a meal plan when they start exercising?
6. Will they check their blood glucose and their feet before and after exercise?
7. Can activity be modified and performed in a chair?

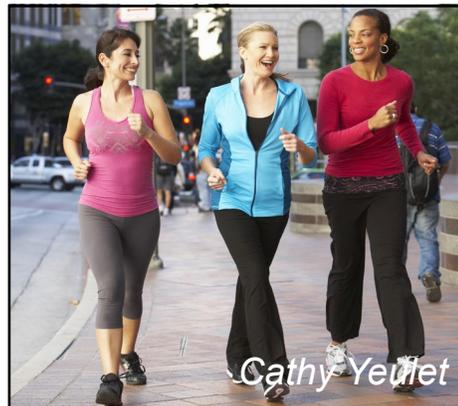
B. Determine the Scope of Your Physical Activity

1. Frequency – you should exercise at least 3 days per week.
2. Intensity – your exercise routine should be moderately difficult (50% - 70% max heart rate).
3. Time – You should exercise 30 minutes or more each day or 150 minutes per week.

C. What Types of Exercise Are Recommended? Combine Them for Best Results



Stretching for flexibility



Aerobics for the heart



Resistance for muscles/bones

Exercising With Elastic Bands

Using bands is easy and safe.

Many exercises can be done in sitting position.

Tell your doctor before starting.

Each exercise acts on group of muscles.

All exercises should be done at least 10 times, rest 5 minutes between exercises.

Arms



Chest



Back



Arms, back



Arms, chest



Arms, chest, back



Arm, legs



Neck, arms



Arms, legs, abdomen



Legs



III. How Should a Person With Diabetes Start Physical Activity?

A. First of All, Practice Safety

1. Use appropriate shoes and cotton socks.
2. Check glucose levels and feet (before and after).
3. Perform warm up and cool down exercises.
4. Avoid weight lifting, jumping or very fast movements.
5. Exercise in a safe place; don't take risks
6. Use an ID or bracelet that states the diabetes condition.
7. Drink enough water.
8. Practice good breathing technique (inhales & exhales)



Linda Bestwick

B. Second, gradually increase intensity

1. It is best to progress slowly.
2. Little by little, increase exercise frequency and time.
3. Start with low intensity and slowly increase to moderate intensity.

A person with Diabetes Should Take a Break or Stop Exercising if They Experience:

- Glucose levels greater than 250 mg/dL or less than 100 mg/dL
- Fever or flu-like symptoms
- Pain or discomfort
- Trouble breathing

C. Table of Cardiac Frequency

1. Use this table as a guide to find the desired intensity that you intend to reach during exercise.
2. Maximum cardiac frequency = $220 - \text{age (years)}$
3. Ideal cardiac frequency during exercise = $220 - \text{age} \times 0.7$

Age (Years)	20	25	30	35	40	45	50	55	60	65	70
Cardiac frequency (beats per minute) at an intensity of 50% - 75%	100 to 150	98 to 146	95 to 142	93 to 138	90 to 135	88 to 131	85 to 127	83 to 123	80 to 120	78 to 116	75 to 113
Maximum cardiac frequency, 100%	200	195	190	185	180	175	170	165	160	155	150

D. Measuring Exercise Intensity using the “Talk Test”

If you're doing moderate-intensity activity you can talk, but not sing, during the activity.

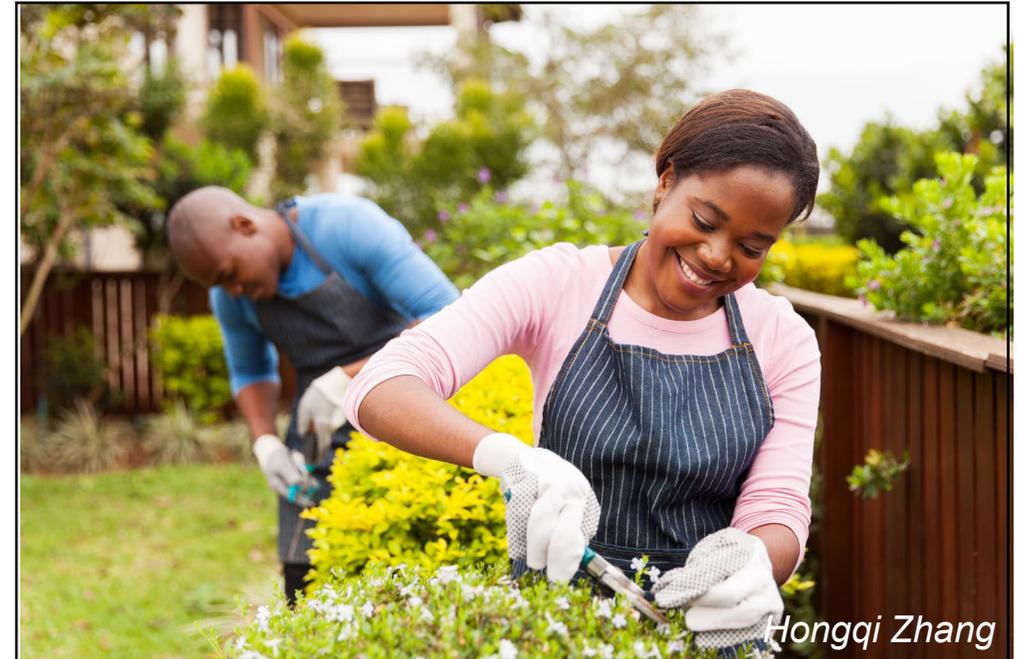
This is a measure of how hard or how easy is the activity.

If you can neither talk or sing, consider decreasing the intensity of the activity.

IV. Incorporating Exercise into Daily Life

A. Find Opportunities to Exercise:

1. Park your car further away.
 2. Walk a little before shopping at malls.
 3. Walk with your children or grandchildren to school or stores.
1. Exercise while watching TV.
 2. Garden or do yard work.



“What Would you Suggest?”

B. The Step Counter

1. Start a routine of checking how much you walk daily.
2. Walk more than 5,000 steps a day.
3. If you reach 10,000 steps a day, you are a very active person.

Group Activity: Identifying Barriers to Exercise

- Ask: “What difficulties do people find in this community when they try to exercise?”
- Make a list of barriers or problems. Give them three minutes to think.
- Write down the answers on the flip chart or blackboard.
- Then, ask the group to work on offering solutions to each problem.
- Write the answers on the flipchart or board.
- Reinforce the concepts developed by the group using the examples from the handout.



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B. Technology

- Today's technology allows for the use of smart phones and apps as a creative to keep track, set reminders, gain support for physical activity.
- Some requirements are fee of the app (many free) and available platform (Android vs Apple).
- Some popular apps for phones and physical activity include:

MyFitnessPal

Pocket Yoga

Sworkit

V. Role of the Community Health Worker

A. Find Opportunities to Exercise:

1. Make people aware of and refer them to exercise facilities (parks) and trainers.
2. Start walking or exercise groups.
3. Facilitate exercise clearance.
4. Work to make exercise facilities more accessible to persons with diabetes.
5. Support participant exercise action plans.
6. Serve as a role model.

This concludes Module 4: Get Up and Move! Physical Activity. For more information on this topic, please see the curriculum.



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