Exercise & TYPE 2 DIABETES

ACTIVE ANSWERS HEALTH

WHAT IS TYPE 2 DIABETES?

Think of your body like a house, & **insulin** as the key that unlocks doors so sugar (energy) can move from your blood into muscles. With Type 2 Diabetes, those **locks get rusty** insulin doesn't work as well, so sugar gets stuck in your blood instead of being used for fuel. Over time, this can wear down parts of the house like your heart, eyes, and nerves.

HOW DOES EXERCISE HELP?

Exercise is like **WD-40 for those rusty locks** it helps your body use insulin better and clears extra sugar from your blood.

Moving your body:

- Helps muscles soak up sugar for energy
- Improves insulin function
- Strengthens your heart and lungs
- Boosts energy and mood

Even small bursts of movement make a big difference!

WHAT EXERCISE IS BEST?

FREQUENCY: Move most days of the week (approx. 5 days)

INTENSITY: You should feel slightly out of breath, but still able to talk

TIME: Aim for 30 minutes most days (even 3 x 10-minute walks count)

TYPE:

- Cardio, e.g. walking, running, cycling, swimming
- Strength training 2–3x/week
- Balance/flexibility, e.g. yoga, Pilates

SAFETY TIPS!

- Check your blood sugar if using insulin or certain meds.
- Carry a small snack in case it drops.
- Wear good shoes & check your feet.
- Stay hydrated.
- Start slow, something is always better than nothing!