

County Durham and Darlington Diabetes Service - Key Messages for June – July 2019

Keeping Active with Diabetes

Any increase in physical activity can have benefits and it's a really important part of managing diabetes. Benefits include - improves mental health, lower blood pressure, more energy, reduce risk of heart disease and stroke, helps weight control, lowers blood glucose levels and strengthens bones. The less time you spend sitting down being sedentary the better, but always work within your personal limits.

Have fun this summer and get outside; walking is a great activity at whatever level you can manage or going on a bike ride in the sunshine. Physical activity and being outside helps you feel good



Did you know??

When you exercise your body does not need to produce as much insulin.

Physical activity can help to reduce insulin levels and control blood glucose for more than 16 hours after a single bout of activity!

There are three different types of physical activity....look below for ideas of all three

Aerobic – increases heart rate and makes you sweat

Resistance – exercise that gives resistance against your muscles (using added weight or body weight)

HITT – High Intensity Interval Training – short duration workout with intense bursts of activity and short recovering times



Tips for increasing activity:

Walk to work

Take the stairs instead of the lift

Get off the bus one or two stops early

Wear a stepometer and track your steps daily – aim for 10000 a day

If you spend a long time sitting down at work, take regular breaks and get your step count up.

Going for a walk at lunchtime or to regularly filling up your water bottle can all help.

So what type of activity should you do?

The most important factor is to work with your personal physical activity levels; any increase in activity is good. Finding something you enjoy makes physical activity fun. Maybe try something new such as joining a dance class or trying out table tennis?

Aerobic... activities will up your heart rate and include :

- A brisk walk
- Climbing flights of stairs
- Shopping (not on the internet)
- Gardening
- Housework
- DIY
- Cycling
- Swimming
- Dancing

Aim for 30 minutes moderate activity 5 days a week

Resistance ... resistance against muscles

- Weight lifting
- Using elastic resistance bands
- Body weight exercises e.g. squats, lunges, sit ups

Aim for twice a week resistance training

High Intensity Interval Training

- If you are interested in doing this type of activity you can check out free Apps and try at home e.g. "seven"
- Always build up gradually

Precautions: if you take insulin or medication that can result in hypoglycaemia please contact your health care team with any concerns.

Look out for Diabetes Week 2019 between 10th and 16th June – any local events will be advertised through Facebook and Twitter

Self-management Course

If you have been diagnosed with Type 2 diabetes and would like information and advice on managing your condition ask your GP or nurse to refer you for a structured education self-management course. This is either one full day or 2 hour sessions weekly over 6 weeks.

Courses give you information and advice on making healthy lifestyle choices to help you to manage your diabetes. It also gives you the chance to meet other people with diabetes who can help give you support.

For information on the courses please contact us on - 0191 5692848 or to be booked onto a course ask your GP to refer you.

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