

5 Ways to Move More

Small changes to increase activity



1

Take a walk during your lunch break

Short bursts of activity are good for the body. This type of moving can help a person to burn fat. For people who have diabetes, it has a beneficial effect on blood glucose as well. Think about other parts of your day where you can increase activity by even one or two minutes at a time.

2

Increase your pace

Increase your pace for one or two minutes when you are walking. Changing the intensity of the activity can help with weight loss.

3

Fidget

Fidgeting while you sit or while you talk on your phone can help you burn more calories.

4

Use the buddy system

Form a club with the people you work to do walks or other activity during your lunch or after work. Your buddies can provide you with support to stay active.

5

Do some moving every 30 to 45 minutes

Move for 3 to 5 minutes - Do stretches or just walk around. Think of this as giving your mind and body a break. Moving every 30 minutes helps to lower glucose levels and may help with weight loss.

Activity Worksheet



1

Think about exercise in a different way

Instead of calling it exercise, talk about moving or having activity.
Instead of saying you will use it to lose weight or to burn calories, focus on how it makes you feel.

2

What activities to do?

Find activities that

- Make you feel good
- Give you increased energy
- Give you an improved mood

What activity will you do?

3

Benefits of being active - effects you feel every day

- Strength
- Balance
- Improved mood
- Increased endurance
- Able to manage stress better
- Better sleep
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4

Benefits of being active - over time

- Improved circulation
- Increased bone density
- Better memory
- Increase your metabolism
- Improve your immune system
- Improve your thinking ability
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5

What are some benefits you want to get by being more active?



Hello my name is Juanita

I love working with clients and helping them make behavior changes that impact their health and lives. I have also for a very long time, enjoyed creating education powerpoints and education handouts that create the spark for client health changes.

If you liked this handout, **5 Ways to Move More Activity Worksheet**, you may also like **The Essential Diabetes Resource – Glucose (sugar) Monitoring, Risk Reduction, Sick Day Management Toolkit**.

<https://rd2rd.com/downloads/the-essential-diabetes-resource-glucose-sugar-monitoring-risk-reduction-sick-day-management-toolkit/>