

No time! We get it.

Solution: Schedule three 10-minute exercise bursts into your day. Try this routine and then add or substitute an activity to meet your needs and abilities.

Activity	Time
Warm up: walk, stairs or jump rope	3 minutes
Squats Option: Start with chair squats	1 minute
Lunges or high knees	1 minute
Plank Option: modify with knees on ground	30 seconds
Squats	30 seconds
Lunges	30 seconds
Plank	30 seconds
Stretch	3 minutes

Notes:


Sometimes with diabetes, your blood sugars might be higher than you would like. **When blood sugars get over 180 mg/dl, this is called hyperglycemia.** When this happens, you might feel thirsty, tired, have blurry vision, or dry mouth. If you feel your blood sugars are high, test and make a note of the number. Then take these steps:

STEP 01 Get back on track with healthy eating at your next meal.

STEP 02 Drink plenty of water to flush out extra sugar.

STEP 03 Adjust your medications ONLY if the doctor says it is okay.

STEP 04 Get some exercise! Take a walk or try the exercise burst above to help lower blood sugars.



You've got the power.
When your blood sugars do get high, exercise can help bring them back down.

Always consult your physician before starting any new exercise routine.

