



North Lambton
Community Health Centre



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Living **HOME** with **EXERCISE** Diabetes **TIPS**

Move your body! Why? Being active improves:

blood sugar, blood pressure, mental health, stress levels, sleep, energy levels, fitness (reduces muscle loss), mobility, balance (reduces the risk of falls), etc.

Safety Tips

- Start slow
- Take good care of your feet
- Be aware of your blood sugar
- Speak with your provider if you are concerned about being active

For most people with diabetes, walking and light- to moderate-intensity activity is **safe and helpful.**

Videos

- **Diabetes Canada Exercise Videos**
<http://guidelines.diabetes.ca/patient-videos/resistance-exercise-videos>
- **Erie St Clair "Exercises at the Kitchen Sink" (2 Parts):**
<https://www.youtube.com/watch?v=xO0gxu03WCs>
<https://www.youtube.com/watch?v=N4okjAxDvnU>
- **"From Soup to Tomatoes":**
<https://www.fromsouptotomatoes.com/>

Pamphlets

- **Diabetes Canada**
<https://guidelines.diabetes.ca/docs/patient-resources/introductory-resistance-program.pdf>
<https://guidelines.diabetes.ca/docs/patient-resources/resistance-exercise.pdf>
- **Lambton Seniors Association "Reduce your risk of falling!":**
<https://rapidsfhteam.ca/sites/default/files/ReduceFallingFrontBack.pdf>