



Diabetes UK – Exercise and Diabetes

Sarah's tips on getting active

Exercise and I weren't friends. That has probably a polite way to put it.

Exercise is a swear word, yeah I didn't do any. If somebody had said Sarah, if you just go out and walk around the block for half hour you're gonna feel better i'd have gone, what, right, get a life. But, it really does make me feel better.

If my blood sugars are a little bit high, I will go out for a walk rather than sit there with and think, oh gosh, what can I do about them? Set yourself a goal and give yourself something to do. A realistic goal not just a, you know what tomorrow I'm going to go out and run a marathon. You know that's totally unrealistic you're not going to stick to it so get yourself a small goal but have a long-term vision, you know five minutes carrying stuff up and down stairs instead of stacking at the bottom of the stairs then carrying it up once. If you do three or four trips that can be included in your exercise. Walking back and forth to the shop.

But until you stop, break it down, I don't think people really understand that it can be classed as exercise it becomes sort of normal everyday activity And enjoy the exercise you can see that it's worthwhile, and you're making progress. So that, overall, you can look back in say six weeks time and say I couldn't do that six weeks ago.

