



Diabetes and Exercise

Jane Puzey – Clinical Lead Dietitian for Diabetes

It's important for people to be regularly active. The recommendation is that people aim for at least 150 minutes or two and a half hours of moderate to vigorous activity per week in bouts of at least 10 minutes or more. By moderate activity we mean something that is going to get your heart rate going, maybe make you slightly warm and slightly out of breath. We often say that you should be able to speak, but you shouldn't be able to sing. So that's where people know that they're getting the right level of intensity. This can be really, really beneficial to their glucose control and to long term health and also to help with weight management as well.

Martin Draper – Type 1 Patient

When I started running pre-diabetes, it was literally run to a lamp post, walk to the next one, run to a lamp post, walk to the next one. And the challenge was run to two lamp posts, walk to a lamp post and really building it up in such a small way. The thing I like about running is it's all about a challenge. And when you've not run a marathon, that's a huge challenge. When you've not run to the lamp post, that's a huge challenge.

Catherine Cassell – Diabetes Nurse

Some people have sedentary jobs, so they just sit at their desk all day. Others have got chronic illnesses so they may just sit for a lot longer periods, but it's very beneficial to move. If you're sat at your desk all day, have some walks in between. Just walking 30 minutes a day, 20 minutes a day, even 15 minutes a day. Whatever people can manage is better than nothing.

Nadia Babar – Type 2 Patient

The exercise, cause I'm busy, I'm working full time so it can be difficult. But what I do is walk. So, I've got myself a Fitbit and I bought it when I started this journey. And I monitor my steps. I've got myself a target and the aim is to go above the target. So 10,000 steps, 12,000 steps minimum every day. Walking is the best for me. So I don't have time to go to the gym. I don't have time to do other things, but we all have time to walk.



Lee Ramos – Dietitian with a Special Interest in Diabetes and Child Health

So in regards to exercise and diabetes, I'd say the number one thing would be the more we move, the better. So, you know, it doesn't matter where we're starting from. The more we move, the more, we will improve our general health. So, you know, taking that, getting off a bus stop, one stop earlier and walking a bit more, or taking the stairs instead of a lift, it's all particularly helpful.

Catherine Cassell – Diabetes Nurse

For your cardiovascular system and keeping your heart healthy, it's very good to do walking and any form of exercise that they enjoy. Because if you enjoy it, then you're more likely to keep that exercise or movement up.

Sue Batchelor – Type 1 Patient

I do exercise quite a lot. I've got a big garden and I'm a keen gardener and now I'm retired from work. I garden a lot, so I do not just picking dead heads. I'm loading manure and wheeling it around the garden so that's quite hard work.

Jane Puzey – Clinical Lead Dietitian for Diabetes

If you're not used to activity, then it's a good idea to build it up gradually so that you get used to it. and you may need to check with your healthcare professional if you have any underlying long term health conditions associated with diabetes before you start anything new.

Ibrahim Mahamudu – Type 2 Patient with wheelchair

Due to my limitations that I have ... so I've devised a way of doing my exercises. So, what I've done is I bought this exercise machine that you can use your feet or your hands. So, what I do is I put it on the floor, squats and use my hand to do that. And I also use my wheelchair to go out on a Hill. I go up and down, up and down.

Martin Draper – Type 1 Patient

Programmes like Couch to 5K doing a Park run on a Saturday morning. There are some really supportive organizations that will help you get moving. The diabetes, it's another angle that you've got to get your head round, but it's absolutely possible to learn and to do and to master.

