

## Exercise and Type 2 Diabetes

Your chance of getting type 2 diabetes—which used to be called adult-onset diabetes—is higher if you:

- are over age 45, overweight or obese, or inactive
- have high blood pressure or high cholesterol
- have a mother, father, brother, or sister with the disease
- are Hispanic/Latino, African American, American Indian, Alaska Native, Pacific Islander, or Native Hawaiian

There's good news, though! You can take small steps to prevent or delay the onset of type 2 diabetes by reaching and maintaining a healthy weight, moving more, and making smart food choices.

Set small goals to start. Add a little more activity until you reach at least 30 minutes a day, 5 days a week.

### Easy steps to be more active

- Put away the remote control – get up to change the TV channel. Stretch during commercial breaks.
- Walk around when you talk on the phone.
- Take more steps by parking the car farther away from stores, movie theaters, or your office.
- Get off the bus one stop early and walk the rest of the way, if it is safe.

### Get your friends and family involved

- Show the younger people in your life the dances you enjoy.
- Teach your grandchildren how to plant and take care of a garden.
- Play catch or tennis or another sport you enjoy.
- Don't forget your best friend. Take a brisk walk with your dog.



### Quick Tip

Be sure to warm up for a few minutes before you exercise to get your body ready for activity. Shrug your shoulders, tap your toes, swing your arms, or move in place.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise DVD.

<http://ndep.nih.gov>

- Learn more about preventing and managing diabetes.
- Order free diabetes publications.

