



**Walking for Health & Diabetes Control**

Walking is one of the safest forms of aerobic exercise and will help you lower your blood sugar and feel better! Here are some tips to get started.

- ⊖ Before you start walking, have a medical evaluation.
- ⊖ Wear comfortable clothing and good walking shoes & socks that fit well.
- ⊖ Wear your medical identification. If you are on insulin or medication that stimulates insulin production, carry a form of simple sugar with you as well as an extra snack such as peanut butter and crackers.
- ⊖ Check your blood sugar before exercise. If it's too low (under 100mg/dl) eat a piece of fruit, a few crackers, or drink a glass of milk. **Do not exercise if your blood sugar is higher than 250 mg/dl with ketones.**
- ⊖ Start at a slow pace, to prepare your muscles & joints for exercise. This should take about five minutes.
- ⊖ Stretch after exercise while your muscles are still warm to prevent stiffness and increase flexibility. This should take about ten minutes.
- ⊖ Use the table below to get started:

	<b><i>Beginner</i></b>			<b><i>Intermediate</i></b>	
	Minutes walking	Times per day	Walks per week	Minutes walking	Walks per week
Week 1	10	1-3	5-7	20	5-7
Week 2	10	1-3	5-7	22	5-7
Week 3	15	1-2	5-7	25	5-7
Week 4	18	1-2	5-7	30	5-7
Week 5	20	1	3-4	30	5-7
Week 6	20	1	5-7	35	5-7
Week 7	25	1	5-7	35	5-7
Week 8	30	1	5-7	40	5-7
Week 9	32	1	5-7	42	5-7
Week 10	35	1	5-7	45	5-7