Fitness every day

Active lifestyle is usually associated with training in the gym on a daily basis and running long distances though it's not obligatory. Many would be pleased to find out that one can fit exercise into his/her everyday life by introducing only small changes into one's usual lifestyle.

This section suggests thinking about the following:

- The importance of leading an active lifestyle
- The importance of making decisions about changing your life
- Changes that you could introduce into your daily routine

We would like to draw your attention to various ideas and recommendations on changing your lifestyle into a more active one.

You would also find information for people doing sports professionally.

Why is this important?

Many people prefer an active lifestyle not only because of its positive effects on their health but also because it allows them to feel better and to keep their weight under control. Active lifestyle could be beneficial for the whole family.

You might want to ask why it is that important for you.

Therein under you will find a list that would answer this question. You may print it and hang it where it can be seen plainly to motivate you.

Active lifestyle:

- Makes me more active. I can play with kids, go up the stairs, etc, without getting tired
- Removes stress and makes me happier
- Increases my self-esteem
- Allows me to spend more time with my family and friends and to make new acquaintances

- Helps me to sleep better
- Allows me to get back to shape and to put on old clothes
- Allows me to find more time for myself
- Allows me to feel that I'm my own master

Besides physical activity has a wholesome effect on other health aspects. Here are some of them. Active lifestyle:

- Allows you to maintain a certain blood glucose level, decreases the risk of exacerbation
- Decreases the risk of having an insult or a heart attack
- Improves arterial pressure
- Has a wholesome effect on the blood cholesterol level
- Strengthens your bones, decreases the risk of osteoporosis (bone fragility)
- Helps you to get rid of chest pains

Getting rid of excessive weight has a wholesome effect on all the aspects mentioned above

What qualifies as activity

Any form of physical work.

The recommended minimum of physical work:

- for adults: half an hour five times a week (which means only 2,5 hours of the 168 hours in

a week)
- for children: an hour daily.

We recommend you to make at least 10,000 steps during the day – you may find a passometer useful.

Active lifestyle may be maintained just by making insignificant changes in your daily routine.

Before you begin

Having diabetes doesn't mean that you cannot get more active. However it means that before you begin you should consider the following factors: your blood glucose reaction, your treatment and possible injections.

You have to consult your doctor, especially if you:

- Take any medicines for diabetes or heart problems
- Have health complications provoked by diabetes (e.g. leg problems, eye-sight disorders)
- Are not sure which type of physical work would be beneficial for you
- Have the following health problems: high blood pressure, angina, osteoporosis, asthma or cases of heart attack in the past. Heartache may help you to find out which type of physical activity won't be beneficial for you.

How to get started

It's important to find something that you personally would enjoy doing. Here are some tips:

Walking

- Instead of drinking coffee with your friends and family, why not suggest going shopping?
- Try to drive the car less, leave it at home if you are going to some nearby place
- Get off public transport 2-3 stops earlier and cover the remaining distance on foot.
- Park at the farthest possible spot.
- Go for a walk instead of sitting at the table during lunch hour.
- Offer your friend who has a dog to go for a walk with his pet.
- Take the stairs instead of an elevator.

Dancing

Is becoming a more and more popular means of keeping fit and making friends. Salsa, belly-dancing, bhangra or Indian dances – the choice is unlimited!

Swimming

Is a great way to relax and you can make swimming even more fun by doing water aerobics.

Housework

Cleaning, taking care of plants, renovation – all of this is useful for you no less than for your house.

Golf

Walking to 18 holes and taking balls out of them is a good physical work and a great way of dealing with stress.

Join children in their games

Play the ball or even go roller-skating with them.

Bowling

A funny and fascinating way to get more active.

Bicycle

A great way of traveling in the country.

Main recommendations

If you have been leading a sedentary life during the past few years your heart and muscles will need some time to adapt to new conditions.

Set yourself new goals every day, every week and every month.

Keep an account of the work done to track the achieved results and award yourself for them.

Make your pastime more diverse not to get bored. Don’t be afraid of introducing new types of physical work.

Positive changes may not be noticed during the first few weeks. But very soon you will necessarily notice them.

If active lifestyle becomes your habit you will achieve great results.

Find the type of physical activity that you like most of all and achieve the highest results in it. Get your family and friends involved in it.

Sports implying high physical activity

The following information will be useful for people with diabetes who practice or would like to practice such sports as biking, swimming, long distance running and power sports.

To begin with

Glucose level

Food and water

Training progress

About traumas

Sports championships

Sports drinks

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