



Exercise and Diabetes Management

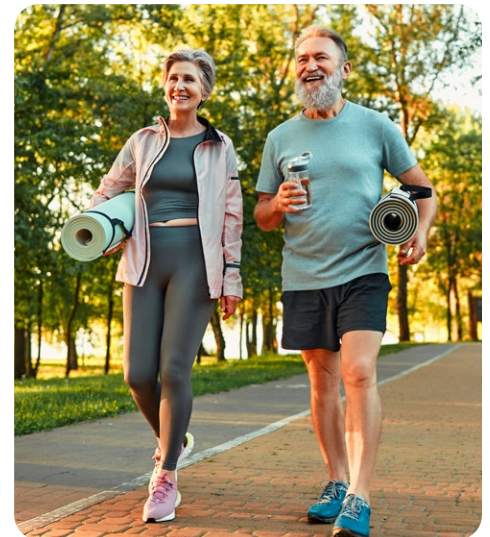
Regular physical activity can help improve blood sugar control, reduce the risk of complications, and boost overall health.

Benefits of Exercise for People with Diabetes

- **Improved Blood Sugar Control:** Exercise helps your body use insulin more effectively.
- **Weight Management:** Physical activity can help you maintain a healthy weight, which is crucial for diabetes management.
- **Reduced Risk of Heart Disease:** Regular exercise can lower your risk of heart disease, stroke, and other cardiovascular complications.
- **Boosted Mood:** Exercise can help reduce stress and improve your mental health.
- **Better Sleep:** Physical activity can improve sleep quality, which is important for overall health.

Tips for Incorporating Exercise into Your Routine

- **Start Slowly:** Begin with low-impact activities like walking or swimming and gradually increase the intensity and duration of your workouts.
- **Choose Activities You Enjoy:** Find activities that you find fun and motivating, such as dancing, biking, or hiking.
- **Consult Your Doctor:** Before starting a new exercise program, consult with your healthcare provider to ensure it's safe for you.
- **Monitor Blood Sugar Levels:** Check your blood sugar levels before, during, and after exercise to avoid hypoglycemia.
- **Stay Hydrated:** Drink plenty of water before, during, and after your workout.
- **Listen to Your Body:** If you experience pain or discomfort, stop and rest.



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