

# ADCES7 Self-Care Behaviors

# BEING ACTIVE



## Benefits of Regular Physical Activity

- Increased energy levels
- Lower blood sugar, cholesterol, blood pressure levels
- Stronger bones, muscles, and joints, especially in your legs and back
- Lower medical expenses
- Higher productivity and fewer sick days
- Better health to protect and provide for your family
- Active fun with family and friends

## SCORE BIG ON HEALTH!

*For men, being physically active is great way to stay healthy. It especially useful for preventing diabetes or managing diabetes if you have it.*

*Even if you do physically demanding work, staying active outside of work offers many health benefits.*

## Why is being physically active important?

Being active is one of the most powerful ways to stay healthy while allowing you to enjoy all the things you've worked for.

Physical activity can help the quality of your life by:

- Reducing your risk of chronic pain and injury
- Helping you function better during the workday
- Allowing you to recover from tough days at work
- Improving your mood and stress levels
- Improving your sleep

By keeping active, you win the long game at health and lower your risk of prediabetes, diabetes, heart disease, and other chronic illnesses.

## What stops you from being physically active?

When family and work life are demanding, being physically active can drop lower on your list of priorities. But there are many creative ways you can stay active throughout the day. Identify your own challenges in the list below and see which tips for staying active at the end of this worksheet work for your life.

- I work multiple jobs and/or shifts with long hours.
- I need to pay bills and put food on the table.
- I have limited time in the day.
- I do not have extra money for a gym membership or exercise classes.
- I do not have a physical space to get active.
- I do not have transportation.

# MAKE SMALL PLAYS IN YOUR JOURNEY TO THE WORLD CUP OF HEALTH!

Use these tips to help you create a game plan to be more physically active!



1. **Add physical activities during work hours:** If you work long hours or multiple jobs, you might be too tired and have limited time. Find ways to move your body while on the job.
  - a. Park far away from the entrance
  - b. Add a walk during lunch time or during a break
  - c. Use the stairs instead of the elevator
  - d. Stretch throughout the day while standing and sitting

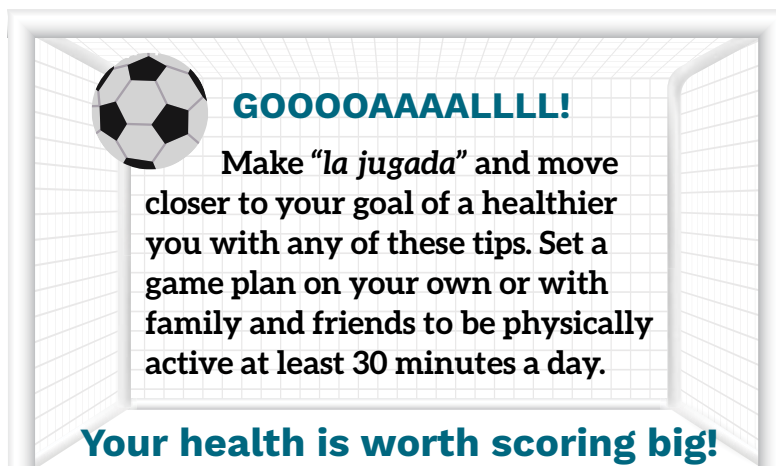
2. **Include friends and family:** You can have fun with friends and family while being physically active together.

- a. Play team sports, like soccer or volleyball
- b. Do yard work or spend time with your kids helping at their school garden
- c. Go for a walk or a run as a group
- d. Dance to *cumbias* or your favorite music during *carne asadas* and *fiestas*



3. **Use resources you already have:** Think of what you have around you and use what is available.

- a. Fill cans or bottles with sand, cement, water, or rocks to use for weightlifting.
- b. Visit a park or school track or field to walk, run, stretch, or play a sport
- c. Walk or jog inside your home
- d. Use a chair or other furniture at home



## EXAMPLES OF TYPES OF PHYSICAL ACTIVITY



### ENDURANCE

**Walking, jogging, or running**

Aerobic exercise like walking, biking, or playing soccer helps your immune system, builds stronger bones, improves your mood, and keeps your heart and lungs healthy.



### STRENGTH

**Lift weights or try “body weight” exercises**

Increase how much you lift or pay attention to parts of your body that aren't getting a workout at work, like your calves, hamstrings, and lower back.



### BALANCE

**Stand on one foot or walk in a straight line with one foot in front of the other (heel to toe)**

Good balance helps us pick things up from the floor, improves our joints, and reduces our risk of falls and injuries as we get older.



### FLEXIBILITY

**Stretch arms, legs, and back**

You may be squatting, bending, lifting, and hauling at work. Reduce stress injuries and back pain with flexibility exercises.

**Access more information on being active and other behaviors to prevent or manage diabetes at [DiabetesEducator.org/SelfCareBehaviors](https://DiabetesEducator.org/SelfCareBehaviors).**

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