

## Diabetes and Your Health

### Exercise tips:

- Ask your doctor what kind of exercise program is right for you.
- Keep active during the day.
- Start slowly; stop if you feel any pain or have trouble catching your breath.
- Drink lots of water.
- Carry along some “emergency sugar” to eat, in case your blood sugar dips too low.
- Carry something that says you have diabetes (like a card or an alert bracelet).



For more information, contact:

**SoonerCare Health Management Program**  
**405-522-7650 (OKC area)**  
**877-252-6002 (Toll-free)**

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### Weight loss helps control diabetes

People who are overweight and have diabetes are more likely to have high blood pressure, which can lead to heart disease, stroke and kidney disease.

Losing weight can help:

- Lower your blood sugar
- Lower your blood pressure
- Improve your health
- Make you feel better

Sometimes when people with Type 2 diabetes lose weight, they no longer need to use insulin or take medicine for their diabetes. Some even reverse the effects of the disease!

You should always talk to your doctor before starting a weight loss plan because changing your diet may affect your blood sugar levels and how well your medicine works.

### Importance of exercise

Being more active is one of the best things you can do to control your diabetes. Any activity that gets you moving, like walking, gardening or yoga is good. Moving more can help you lose weight and have more energy.

Your body may need time to get used to being more active. You want to work up to 30 minutes of exercise at least three to four times a week.

