



Ways to Be More Active

In addition to formal aerobic exercise and strength training, there are many chances to be active throughout the day. Remember – the more you move the more calories you burn and the easier it is to keep your blood glucose levels on target!

According to the American Diabetes Association, more and more research is finding that sitting too much for long periods of time is harmful to your health.

Just getting up once an hour to stretch or walk around the office is better than sitting for hours in a chair. Take every opportunity you can to get up and move.

Here are just a few ways to get in extra exercise:

At work:

- When you're at the office take the stairs instead of the elevator
- Get up once an hour while you are at work and take a quick walk around your office
- Stand up and stretch at your desk
- If you go out for lunch, walk to the restaurant if it is close by
- If you take public transportation to work, get off a stop earlier and walk the rest of the way to your office
- Use the speaker or a mobile phone so you can walk around your office during conference calls
- Try some deskercises during the day while at your desk
- Fidget (when appropriate) – tap or wiggle your feet while working at your desk

At home:

- Take the dog for a walk around the block
- Do yard work such as mowing the lawn or raking leaves
- Do housework such as vacuuming, dusting or washing dishes
- Play with the kids – play catch or throw the frisbee around
- Walk in place during the commercials of your favorite television show
- Carry things upstairs or from the car in two trips instead of one
- Walk around the house or up and down stairs while you talk on the phone

While You're Out and About:

- Park at the far end of the shopping center lot and walk to the store

- Walk down every aisle of the grocery store
- If you are at the airport and waiting for a flight, walk up and down the terminal
- When on a road trip, stop every few hours to stretch and walk around

All information in this document can be found on the [American Diabetes Association website](#).
This specific article can be [found here](#).