

Benefits of Exercise

Physical activity can help you to fight and manage your diabetes. Getting at least 30 minutes of moderate physical activity at least five days a week, can:

- Lower your blood glucose (sugar)
- Lower your blood pressure to help your heart pump stronger
- Raise good cholesterol (HDL) and lower bad cholesterol (LDL)
- Reduce your risk for heart disease and stroke
- Relieve stress and anxiety so you can cope better with problems
- Increase your energy so you feel better
- Strengthen your heart, muscles, and bones
- Help your insulin to work better
- Improve your blood circulation and keep your joints flexible
- Help you to reach your target weight and maintain it
- Lower your risk or delay other health problems

The U.S. Department of Health and Human Services created [Be Active Your Way: A Guide for Adults](#) [PDF Version - 1.10 MB] aged 18 to 64 years. In the guide, you can read how you can fit physical activity into your life-your way. It can help you decide the number of days, types of activities, and times that fit your schedule.