



## Take a NOURISH Step! November: Fitness and Diabetes



### Did you Know?

Just 10 minutes of walking after meals improves blood sugar.

### What is Physical Activity?

Physical activity is when a movement burns energy. This can be during leisure time, transport to and from places, or as a part of a job. Moderate and vigorous activity improve health.

### Benefits of Movement...

#### Increased Insulin Sensitivity

Regular exercise means cells are more responsive to insulin, which helps manage blood sugars. On the other hand, a sedentary lifestyle can increase the challenges of diabetes management.

#### Improved Mood

- Exercise releases feel-good endorphins. Endorphins are brain chemicals that improve your sense of well-being. Exercise also take your mind off worries.

#### Better Mobility

Exercises that improve your strength, balance and flexibility help make you stronger and feel more confident on your feet.



### How Often Should I Exercise?

#### Aerobic Activity

The CDC recommends 150 minutes of aerobic activity (movement that gets your heart rate up!) for adults 65+. Some examples include mowing the lawn, raking leaves, dancing, walking, active yoga, biking, water aerobics, swimming, and chair exercises.

#### Strength Training

It is recommended that older adults participate in strength training at least 2 days per week. Some example activities include: Lifting weights or using resistance bands, body-weight exercises like push-ups or sit-ups, and yoga or Pilates.

#### Balance Exercises

Balance activities prevent falls, which reduced the risk for injury and bone fractures. Some example activities include: walking backwards, standing on one leg, and using a wobble board. Strength activities also help improve balance!

### Importance of Hydration

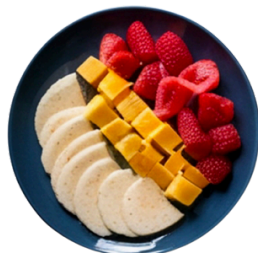
Hydration prevents cramps and supports circulation during activity.

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

## Energy-Boosting Snack Plate

### Ingredients

- Grain:
  - Whole-grain crackers
  - Pretzels
  - Popcorn
  - Rice cake
- Protein:
  - Hard-boiled egg
  - Sliced turkey
  - Peanut butter
  - Hummus
  - Cottage cheese
- Vegetable/fruit:
  - Sliced apple/applesauce
  - Cucumber
  - Carrots
  - Orange
  - Celery sticks



### Directions

- Pick 1-2 items from each of the food groups listed above
- Arrange ingredients on a plate
- Enjoy!

## 7-Day Movement Challenge

**Directions:** Follow along with this week long exercise challenge! Feel free to swap out activities for what you enjoy most!

- ☐ Day 1: Go for a walk with a friend
- ☐ Day 2: 10-minute balance activity
  - Heel-to-toe walk
- ☐ Day 3: 20-minute chair yoga
- ☐ Day 4: Learn a new dance
- ☐ Day 5: Practice standing on one leg
- ☐ Day 6: Work with resistance bands or weights
- ☐ Day 7: 30-minute outdoor activity
  - Walk, ride a bike, rake leaves



### Small Steps Count!

- Chair exercises, walking, stretching.

Even small amounts of exercise and modest increases in fitness can make a clear difference, and some exercise is always better than no exercise.

**Keep taking NOURISH Steps and learn more about physical activity at:**

<https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html#:~:text=Every%20week%2C%20adults%2065%20and,activity%20is%20moderate%20or%20vigorous>

