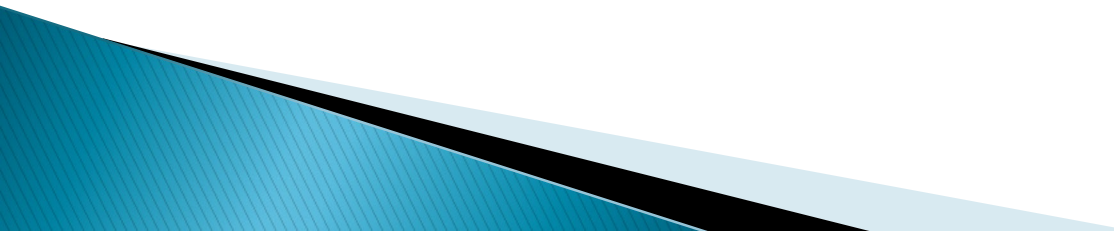




Be Well: Thriving with Diabetes

Module 6 Lifestyle Change—Physical Activity, Sleep, and Good Habits

Today's Agenda

- ▶ Home Practice Review:.....15min
 - ▶ Physical Activity Benefits and Recommendations.....30min
 - ▶ Making Physical Activity Part of a Healthy Lifestyle....30min
 - ▶ Getting Physical Activity in Your Community.....15min
 - ▶ The importance of daily routine and good sleep habits...25min
 - ▶ Surveys and reflection upon group progress.....30min
 - ▶ Celebration.....10min
 - ▶ Plans for Follow-up5min
 - ▶ Summary of Today's Lesson.....5min
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Physical Activity Benefits and Recommendations

Physical activity

- ▶ Group question: What are some benefits of getting regular physical activity?
- ▶ See Visual #1 in your binder...

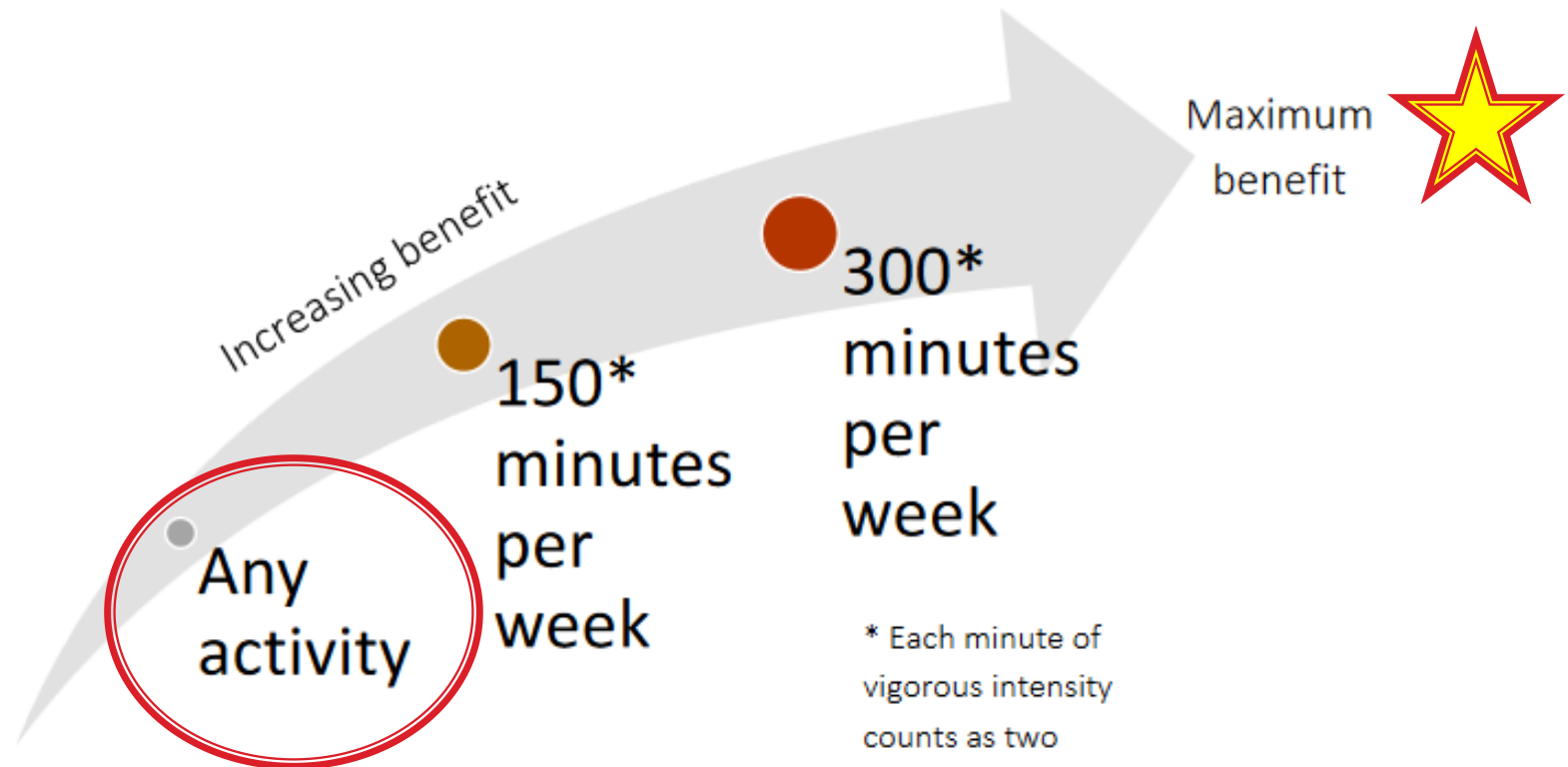


Physical activity leads to...

- ▶ Better blood sugar control
- ▶ Healthy heart
- ▶ Healthy weight
- ▶ Strong bones
- ▶ Energy
- ▶ Endorphins
- ▶ Less stress
- ▶ Less anxiety/depression
- ▶ Better sleep



How much physical activity?



- See Visual #2 in your binder...
- Don't go more than 2 days without physical activity

**Remember: any activity
is better than none at all!**



Visual #3 in your binder...

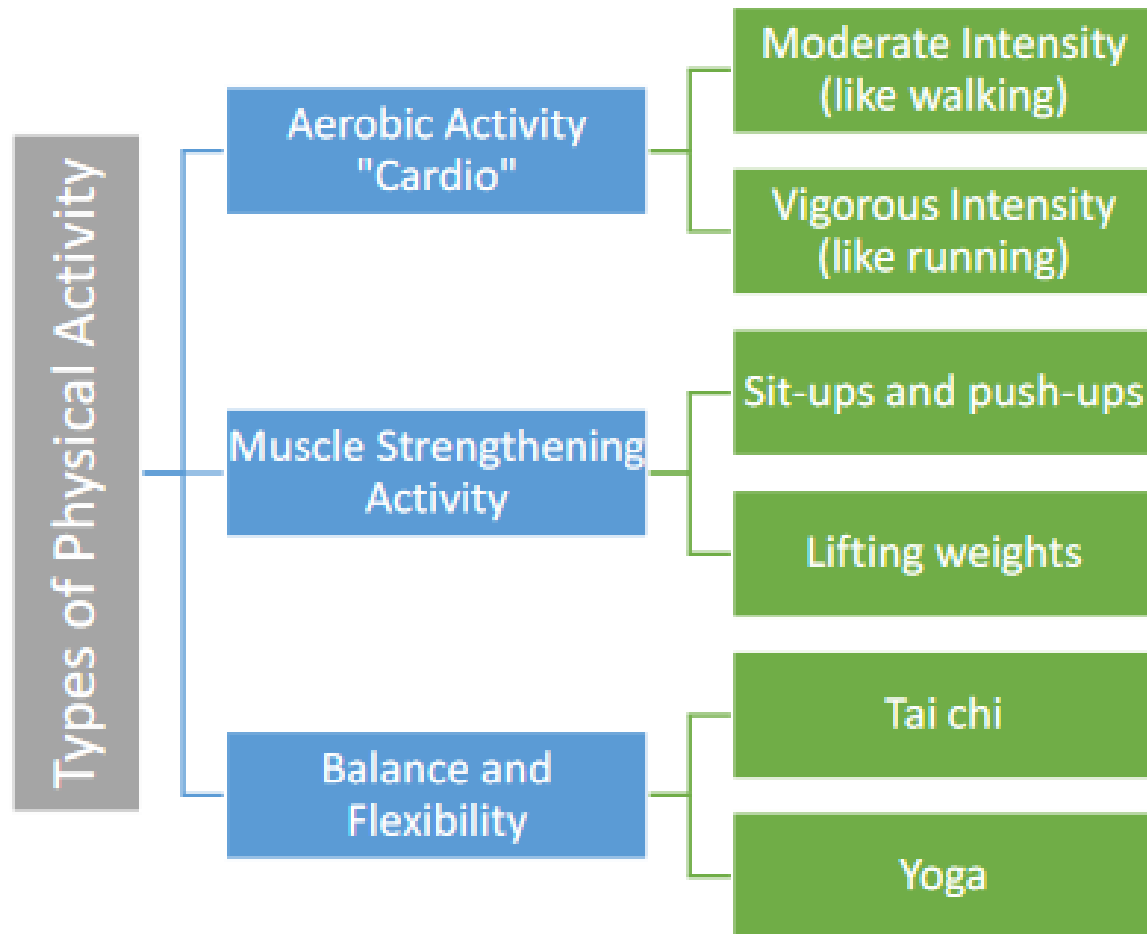


Move more and sit less (visual 3)


- ▶ Stand up and move around after sitting for more than 30 minutes
 - Even a small amount of physical activity helps improve insulin sensitivity
- ▶ 5-10 minutes of physical activity count
- ▶ Look at Visual #4A in your binder...



Types of activities



Types of activities

- ▶ See Visual #4B in your binder...
 - ▶ What is an example of aerobic activity (“cardio”)?
 - ▶ What is an example of muscle strengthening activity?
 - ▶ What is an example of balance or flexibility activity?
 - ▶ What should you do if you feel dizzy during physical activity?
 - ▶ What should you do if you feel chest pain during physical activity?
- 

Types of activities

- ▶ Muscle strengthening (“resistance”) + other activities
- ▶ Goal:
 - 2 spaced out days per week of resistance activities
 - One set each of 5 different types of movements (like leg raises, bicep curls, and shoulder presses)
 - Each set should include between 8 and 15 repetitions or “reps”
 - Example equipment: hand weights, resistance bands
 - 1-2 days of flexible activities
- ▶ Resistance activities are great for blood sugar control

Physical activity intensity

- ▶ Intensity = breathing and heart rate



- ▶ See Visual #5 in your binder...
- ▶ Feeling Method
- ▶ Heart rate Method
 - $HR_{max} = 220 - \text{age}$
 - Target HR = 50% to 85% of HR_{max}



Moderate and vigorous intensity

Talk Test

- Moderate: can talk but not sing
- Vigorous: can only say a few words before taking a breath

Feeling Method

- 0 (sitting) to 10 (highest effort) rating scale
- Moderate = 5 – 6
Feels like walking quickly to catch the bus
- Vigorous = 7 – 8
Feels like climbing stairs with a laundry basket

Heart Rate Method

- Based on your "target heart rate" for your age:
 $206.9 - (0.67 * \text{age})$
- Requires a heart rate monitor or checking your pulse
- Moderate = 60–70% of target heart rate
- Vigorous = 75–85% of target heart rate

List Method

- Activities listed as moderate in the Activity Examples list
- Activities listed as vigorous in the Activity Examples list

Moderate Activity

- Walking briskly (> 2.5 mph)
- Recreational swimming
- Doubles tennis
- Bicycling (<10 mph, flat ground)
- Dancing
- Power yoga
- Yard and housework
- Exercise classes like water aerobics
- Exercise machines (like ellipticals) on lower settings

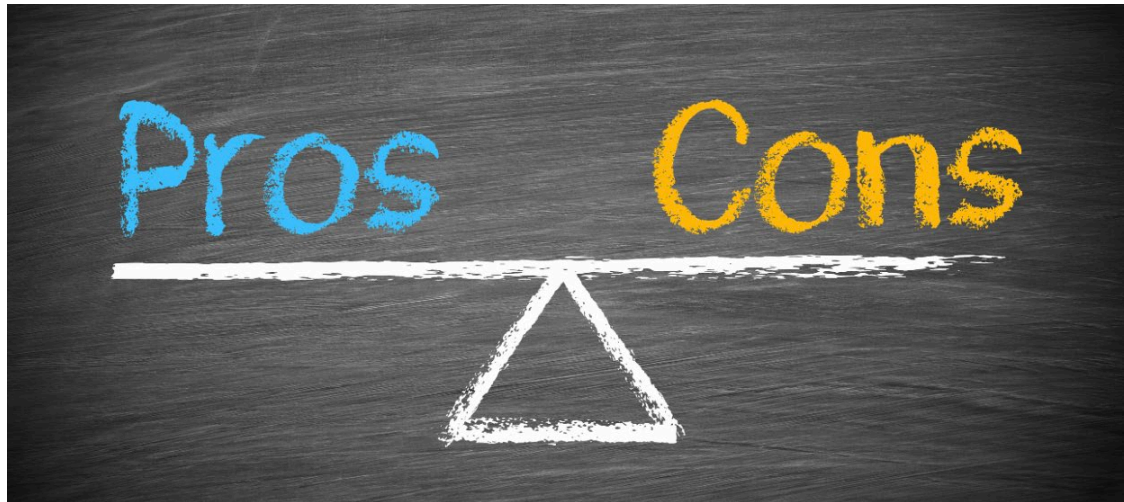
Vigorous Activity

- Running or jogging
- Swimming laps
- Singles tennis
- Vigorous dancing
- Bicycling (>10 mph)
- Jumping rope
- Heavy yard work
- Hiking uphill
- High-intensity interval training (HIIT)
- Exercise classes like kickboxing
- Exercise machines on higher settings

Making Physical Activity Part of a Healthy Lifestyle

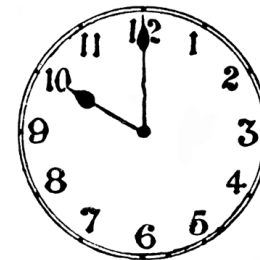
Getting started with physical activity

- ▶ Group question: What things are important to consider when starting to add more physical activity to your life?



Getting started with physical activity

- ▶ See Visual #7 in your binder...
- ▶ Discuss physical activities with your doctor before starting
- ▶ Selecting activities you enjoy:
 - Do you like doing physical activity alone?
 - Do you like doing physical activity with a group or a friend?
 - Do you like indoor or outdoor activities?
- ▶ Choose a time of day that suits you best



Getting started with physical activity

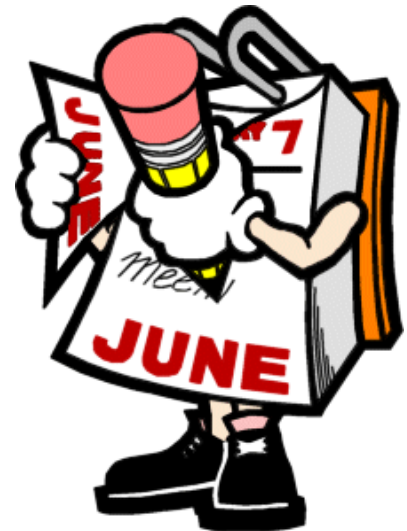
- ▶ Equipment does not need to be expensive, but invest in a good pair of shoes
- ▶ Choose shoes with good support
- ▶ Make sure shoes do not rub or cause blisters

Check your feet regularly for blisters, calluses, or other injury



Getting started with physical activity

- ▶ Start low, go slow
- ▶ Make a commitment to 8 weeks
 - Your body may respond in 2 weeks, but it may take 8 weeks to notice the benefit in your life
- ▶ Keep trying new things until you find 'your thing'
- ▶ Keep a log of your physical activity
 - Step counters or apps like My Fitness Pal can help you track your physical activity



Precautions during physical activity

- ▶ Listen to your body
- ▶ Pain does not equal gain
- ▶ Alternate 'easy' and 'hard' days
- ▶ Important to:
 1. Check blood sugar
 - Especially if using insulin or a sulfonylurea
 2. Choose proper footwear and avoid foot injury
 - Diabetes increases risk for neuropathy and foot ulcers
- ▶ Watch for signs and symptoms that you should stop or slow down
- ▶ See Visual #8 in your binder...

WATCH OUT



Eye problems

No intense weight lifting

Hypertension

No intense weight lifting

Too Out of Breath

Slow down

If severe, call doctor or 911

Blood sugar less than 70

EAT!

Remember 15,15 Rule

Dizziness

STOP

Call your doctor

Chest Pain

STOP

Call your doctor or 911





**Again: check your feet
regularly for blisters,
calluses, or other injury**

Talking with your provider

- ▶ See Visual #9/Homework Practice #1 in your binder...
- ▶ Choose an appropriate activity
- ▶ Questions to ask:
 - **Are there any precautions for me?**
 - Ex: low impact, low intensity
 - **Are there any restrictions on physical activity for me?**
 - Ex: avoid high impact sports

Choosing activities you enjoy

- ▶ See Visual #10 in your binder...
- ▶ What are some ways of getting physical activity that people in our group like to do, or would like to try?
- ▶ Fill out your top 10



Barriers to physical activity

- ▶ Group question: What are some things that make it hard to be physically active?



Barriers to physical activity

- ▶ Common: time management
- ▶ One of the most convenient kinds of physical activity: walking
 - Can be done almost anywhere, but there still may be some challenges:
 - Feeling unsafe in your neighborhood
 - Too hot/cold outside



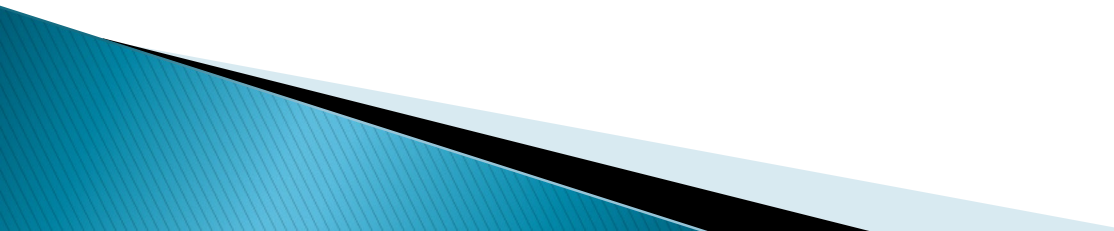
Overcoming barriers to physical activity

- ▶ Group activity: how do we overcome barriers to physical activity?
 - For example: feeling unsafe or undesirable weather?
 - Use the IDEA Approach!
- ▶ Home Practice #2



Getting Physical Activity in your Community

Community physical activity

- ▶ Your community may offer activities you don't know about yet
 - Community parks
 - Equipment
 - Swimming pools
 - Exercise groups
 - ▶ Resources list
 - Community agencies that can help you to get what you need to do physical activity
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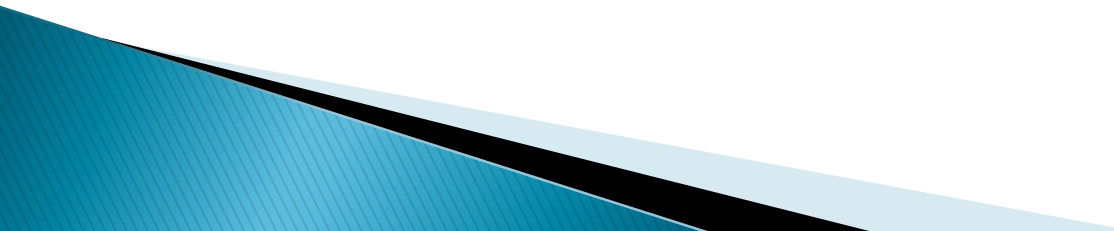
Importance of Daily Routine and Good Sleep Habits

Importance of sleep and daily routine

- ▶ Sleep is not only important for mood but also for blood pressure and blood sugar control
- ▶ A stable daily routine is very important in regulating the body's "internal clock"
 - Going to bed and getting up around the same time + having a daily activity routine
 - Taking medication at the same time every day
- ▶ **Find a good routine and stick to it**



Daily routine questions to consider...

- ▶ See Visual #11 in your binder...
 - ▶ What are things you do each day pretty regularly?
 - ▶ How might you make sure we are scheduling when we will go to sleep, and when we will get up each day?
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Good sleep habits

- ▶ Group question: In addition to keeping a routine, what are some other things that might be considered good sleep habits that have worked for you in the past?



Sleep hygiene or good sleep habits

- ▶ See Visual #12 in your binder...
- ▶ Go to bed around the same time
- ▶ Limit naps (unless you have sleep apnea)
- ▶ Relax before bed
- ▶ No caffeine within 6 hours of bedtime
- ▶ No alcohol/smoking within 2 hours of bedtime
- ▶ Limit fluids to 2-3 hours before
- ▶ Take medications within 1 hour before
- ▶ Keep room dark
- ▶ Get rid of all “blue light” in the room
 - Don't use phone, computer, etc. in bed
 - Use an alarm clock if needed
- ▶ Physical activity during the day

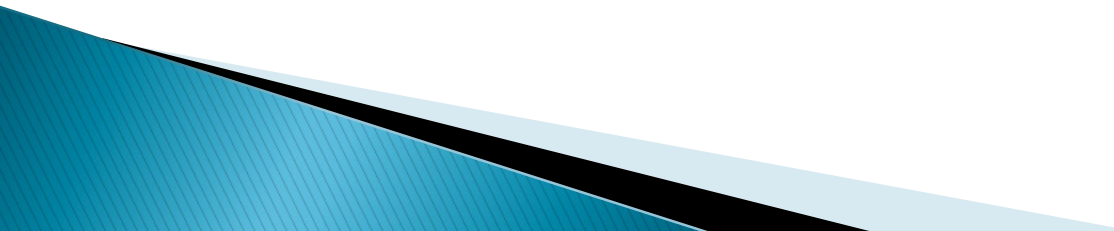


Sleep disorders

- ▶ See Visual #13 in your binder...
- ▶ If you are very tired even after sleeping all night or wake up repeatedly even with good sleep hygiene, you may have a sleep disorder
- ▶ Common:
 - Sleep apnea
 - Restless Legs syndrome
- ▶ Talk with your provider if you're having trouble sleeping



Summary of today's lesson

- ▶ What did you all learn today?
 - ▶ Anything new or surprising?
 - ▶ What are you looking forward to learning more about or working on for yourself?
- 

Summary of today's lesson

- ▶ Physical activity benefits the body and the mind
 - ▶ Physical activity affects blood sugar levels
 - ▶ Types of physical activity
 - ▶ Precautions and when to stop and call your doctor
 - ▶ Community activities
 - ▶ Talk with your provider about the best physical activity for you
 - ▶ Importance of sleep, sleep hygiene, and daily routine
 - ▶ Sleep disorders
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