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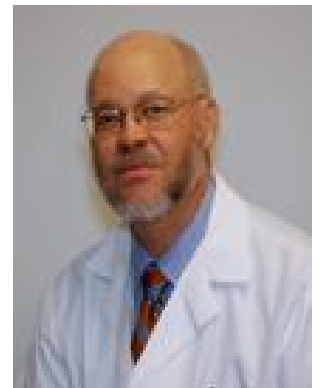
Health Sunday Topic: *EXERCISE!*

What is Exercise?

Exercise can be considered as physical activity and includes anything that gets you moving, such as walking, dancing, or working in the yard.

Exercise is one of several things you can do to increase life expectancy.

George Brothers, Jr., MD, a Rheumatologist at Chapel Hill Internal Medicine states, “The commitment to exercise needs to be a lifelong commitment and by necessity will be adjusted depending on age and medical condition. While, as a young person you might have played 3 sets of tennis, trained and run in road races, or played full court basketball games do not be afraid to change your routine as you get older. It is not an admission of failure but a concession to reality. If you can’t run get on an elliptical trainer. Lift light weights while seated to tone muscles. Walk, start a stretching program, join a yoga class. Most of all be flexible and change your routine given your circumstances. Exercise at every stage of life is too important a habit not to continue to cultivate.”



George Brothers, Jr., MD

Top 10 Benefits of Being Active

1. Improve blood [glucose management](#). Activity makes your body more sensitive to the insulin you make. Activity also burns glucose (calories). Both actions lower blood glucose.
2. Lower blood pressure. Activity helps your heart pump stronger and slower.
3. Improve blood fats. Exercise can raise good [cholesterol](#) (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes are heart healthy.
4. Take less insulin or diabetes pills. Activity can lower blood glucose and weight. Both of these may lower how much insulin or diabetes pills you need to take.
5. [Lose weight](#) and keep it off. Activity burns calories. If you burn enough calories, you'll trim a few pounds. Stay active and you'll keep the weight off.
6. Lower risk for other health problems. Reduce your risk of a heart attack or [stroke](#), some cancers, and bone loss.
7. Gain more energy and sleep better. You'll get better sleep in less time and have more energy, too.
8. Reduce [stress](#), anxiety, and depression. Work out or walk off daily stress.
9. Build stronger bones and muscles. Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or even cans of beans), make muscles strong.
10. Be more flexible. Move easier when you are active.

Be Active, But How?

Being active is a big part of living a healthy lifestyle. It offers up many health benefits. This is true for people of all ages and especially true for people with diabetes or those at risk for type 2 diabetes.

Check out the benefits of being active, how much activity is best for you and get a few tips to become more active now.

First, Get Your Doctor's Okay

Since people with pre-diabetes and diabetes may have a heart or other diabetes-related problem, American Diabetes Association (ADA) suggests you [get your doctor's OK](#).

Find a Few Activities You Enjoy

Make sure these fit into your busy schedule. Perhaps you choose one you can do outside and one inside for when the weather is bad or it's too cold. Select one [activity](#) that helps you burn calories and glucose (like walking or biking) and another one that helps you build muscles (like lifting or walking with light weights or using the machines at a fitness place).

Start Slowly

Set your first goal at three ten minute walks each week or even less. If you reach this goal, increase the number of minutes you walk. Then increase the number of times a week you walk.

Find a Partner or Join an Exercise Group

This can help you stay on track and make exercise more fun. Look in your area for a mall or local walking program. Or find an online group.

Be Active in 10-minute Spurts

Don't feel that if you can't exercise for 30 minutes at a time, it's not worth it. It's just as good to add up 10 minutes here and 10 minutes there for a total of 30 minutes. This may be easier to fit in. Think about what you do each day and how you can work in more steps. Can you take the stairs more often instead of an elevator? Can you park further away from where you work, shop, or do errands? Can you get up to change the TV channel rather than using the remote? You'll be amazed at how these extra minutes and steps add up.

For more information, please refer to the following website or call: www.diabetes.org

- American Diabetes Association (Raleigh, NC) 919-743-5400

A Message from your Community Health Coalition in collaboration with the American Diabetes Association (Raleigh, NC); and in partnership with the Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Life Insurance Company, Central Carolina Black Nurses' Council Inc., Durham Academy of Medicine, Dentistry and Pharmacy (DAMDP) and Durham Regional Hospital.