Exercise helps you:

- Lower your blood sugar
- Lower your blood pressure
- Control or lose weight
- Have more energy
- Help your heart and lungs work better
- Help your blood circulation
- Reduce stress
- Stay around longer with your family and friends

Everyday physical activities are exercise:

- Walking
- Chair Exercises
- Praisercise
- Dancing
- Gardening
- Cleaning the house or car

Try to drink at least 6-8 cups of water each day.

Check with your health care provider before you start an exercise program.

www.musc.edu/diabetes/reach

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