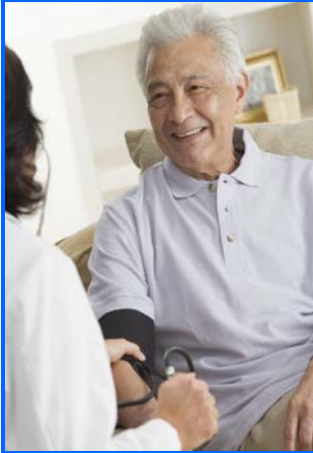


PHYSICAL ACTIVITY GUIDELINES

For People with Chronic Health Conditions

Almost anyone, at any age, can do some type of exercise and physical activity. You can still be active even if you have a long-term condition like heart disease or diabetes. In fact, exercise and physical activity may help. Consider talking with your doctor if you are not used to energetic activity and you have **arthritis, diabetes, heart disease, high blood pressure or other chronic conditions**. Your doctor can help you learn about the types and amounts of activities that are right for you.

Aerobic Activities (Exercise)



Talk with your doctor about setting physical activity goals.

Try to do 1 hour (60 minutes) per week of **moderate-intensity** aerobic activity.

Work towards doing 2 hours and 30 minutes (150 minutes) of **moderate-intensity** each week, if you can.

- ◆ Identify your current activity level and **slowly build up over time**.
- ◆ **Walking a few minutes a day is a good way to start.**
- ◆ Build up over 3-4 weeks and then **spread the sessions throughout the week.**
- ◆ The good news is that “Some activity is better than none.”
- ◆ Once you build up to one hour per week, walk for at least 10 minutes each session.



Physical Activity Guidelines for Some Health Conditions

Diabetes

- ◆ Physical activity can help improve your health and lessen some of the problems you might have as a person living with diabetes. Being active can also lower your chances of getting other chronic diseases and help you keep a healthy body weight.
- ◆ Work with your doctor to find out what kind of physical activity is good for you. Ask how many minutes per day you should be active. Your doctor may ask you to check your blood sugar, blood pressure and pulse and eat a full meal before exercising. You will also need to be careful to avoid injuring your feet by wearing the right kind of shoes or your activity. Walking quickly is a good choice of exercise for many people with diabetes.



Heart Disease

- ◆ Being physically active reduces the risk of heart-related problems, including heart attack. Physical activity can improve cholesterol levels and help control high blood pressure and diabetes. It can also help you keep a healthy body weight and improve your quality of life and well-being.
- ◆ Heart disease is more than twice as likely to develop in people who are not active. Being physically active can help prevent your condition from getting worse if you have heart disease. Try to work some physical activity into your routine everyday.
- ◆ Talk with your doctor about the type and amount of physical activity that is right for you. Work towards getting 30 minutes of low to moderate levels of physical activity daily. Possible activities are walking, gardening, walking up stairs, dancing, housework and home exercises.

Osteoarthritis

- ◆ If you have osteoarthritis, being physically active may lessen pain, increase your ability to do everyday activities, help you keep a healthy body weight and improve your quality of life and mental wellbeing.
- ◆ Physical activity also lowers your risk of getting other diseases like heart disease or type 2 diabetes.
- ◆ Talk with your doctor about the type and amount of physical activity that is right for you. Many people with osteoarthritis can do moderate-intensity activity for 2 and a half hours (150 minutes) each week.
- ◆ Work towards being active 3 to 5 days per week, for 30 to 60 minutes per session. Make sure your physical activity is low impact, not painful, and has a low risk of joint injury.

