



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes

Overcoming Barriers

If you're not active, it's likely that you have at least one reason why. Perhaps you've never been very active. Maybe you're afraid you'll get low blood glucose. Think about what's keeping you from being active and then look into ways to overcome the barriers.

Barriers

Solutions

I don't have time to exercise for 30 minutes a day.

Do as much as you can. Every step counts. If you're just starting out, start with 10 minutes a day and add more little by little. Work up to 10 minutes at a time, three times a day.

I'm too tired after work.

Plan to do something active before work or during the day.

I don't have the right clothes.

Wear anything that's comfortable as long as you have shoes that fit well and socks that don't irritate your skin.

I'm too shy to exercise in a group.

Choose an activity you can do on your own, such as following along with an aerobics class on TV or going for a walk.

Barriers

I don't want to have sore muscles.

I'm afraid I'll get low blood glucose.

Walking hurts my knees.

It's too hot outside.

It's not safe to walk in my neighborhood.

I'm afraid I'll make my condition worse.

I can't afford to join a fitness center or buy equipment.

Exercise is boring.

Solutions

Exercise shouldn't hurt if you go slowly at first. Choose something you can do without getting sore. Learn how to warm up and stretch before you do something active and how to cool down afterward.

If you're taking a medication that could cause low blood glucose, talk to your health care provider about ways to exercise safely.

Try chair exercises or swimming.

If it's too hot, too cold, or too humid, walk inside a school or a shopping center.

Find an indoor activity, such as an exercise class at a community center.

Get a checkup before planning your fitness routine. Learn what's safe for you to do.

Do something that doesn't require fancy equipment, such as walking or using cans of food for weights.

Find something you enjoy doing. Try different activities on different days.

American Diabetes Association. www.diabetes.org