

# TYPE 2 DIABETES: PHYSICAL BEHAVIOUR TIPS

## SITTING/BREAKING UP PROLONGED SITTING

Walking around or doing simple resistance exercises every 30 minutes breaks up prolonged sitting and improves glucose metabolism.

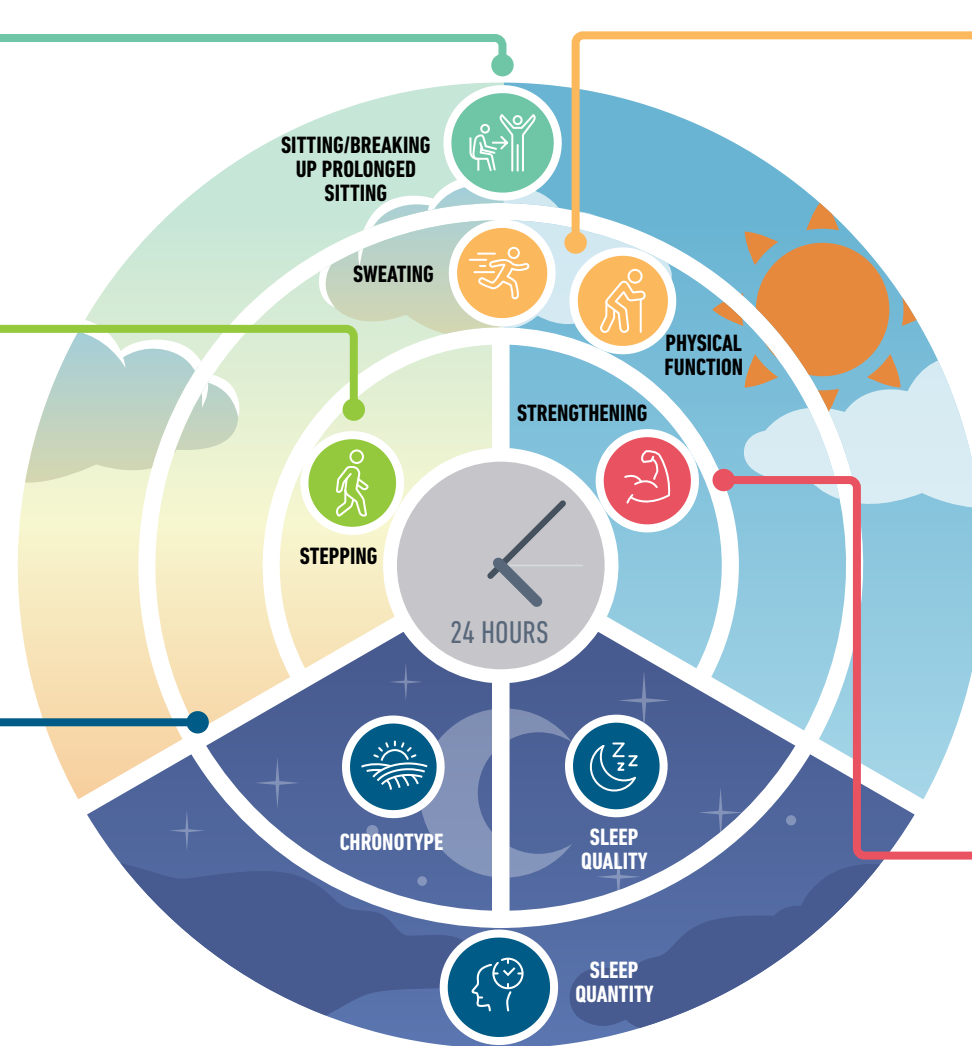
## STEPPING

- An extra 500 steps a day can reduce risk of cardiovascular morbidity and all-cause mortality by 2-9%.
- Brisk walking for 5/6 minutes every day can add 4 years to life expectancy

## SLEEP

Aim for consistent, uninterrupted sleep.

- More than 8 hours and less than 6 hours of sleep negatively impacts HbA1c
- Irregular sleep results in poorer glycaemic levels – this could be due to insomnia, obstructive sleep apnoea and restless leg syndrome
- 'Night owls' who go to bed late and get up late may be more susceptible to inactivity and poorer glycaemic levels compared to 'early birds' who go to bed early and get up early.



## SWEATING

Aim for:

- 150 minutes or more of moderate-intensity exercise every week
- OR
- 75 minutes or more of vigorous-intensity exercise spread over three days or more, every week.

Avoid no more than 2 consecutive days of inactivity and supplement with 2/3 resistance, flexibility and/or balance sessions.

The ability of people with type 2 diabetes to undertake simple exercises in middle-age is similar to that in people over a decade older.

Just 30 minutes of moderate-intensity physical activity a week improves metabolic profiles.

## STRENGTHENING

Resistance exercise such as tai chi and yoga improves insulin sensitivity and glucose levels

