

Health Hints

Five Ways Older Adults Can Be More Active By The National Diabetes Education Program

(NAPSA)—As you get older, your risk for health problems, such as type 2 diabetes, increases. You also have a greater chance of getting type 2 diabetes if you have a family history of the disease. But it's never too late to lower your risk for type 2 diabetes. Research shows that modest weight loss through healthy eating and being active can help to prevent or delay type 2 diabetes in people over age 60.

If you are overweight, losing 5 to 7 percent of your current body weight can help you prevent or delay type 2 diabetes. If you weigh 200 pounds, this means a weight loss of about 10 to 14 pounds. Talk to your doctor about setting safe weight loss goals and ways to be more active.

Getting Started: How to Get Moving

Once you set your goals, decide what small steps you will take to get started. For example, you might say, "I will walk for 10 minutes after lunch to be more active each day" until you reach at least 30 minutes a day, five days a week.

Be active, move more and sit less to help yourself lose weight or stay at a healthy weight and be more flexible and strong. Ask your health care provider how you can safely start to be more active. Before being active, be sure to warm up to get your body ready. Shrug your shoulders, swing your arms, or march in place for three to five minutes before you begin any activity.

Five Ways to Be More Active

There are many ways you can get active at little or no cost, such as walking or doing chair exercises. Find an activity you can enjoy so you can stay at it. This will make it easier to stick to your plan and reach your goals. Try these ideas:

- **Around the House.** Things that you do every day can help you be more active. Stand up from a chair and sit down again without using your hands. Rise up and down on your toes while standing and holding on to a stable chair or countertop. When you watch TV, stretch and move around during commercial breaks. You can also walk around the house when you talk on the phone. Follow along with a video for older adults that shows you how to get active.

- **Around Town.** Being more



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention



active can also be a great way to meet friends. Join a local walking group. Always walk in safe places such as the mall, museum or a community center. Wear shoes that fit your feet and provide comfort and support.

- **While Running Errands.** Make getting active a part of your regular day. If it is safe, park the car farther away from stores or restaurants. If you take the bus or train—and the area is safe—get off a stop earlier and walk the rest of the way.

- **With Your Family.** Get your family involved to make being active more fun. Teach the younger people in your life the dances you enjoy. Plan a trip to the local pool and go for a swim together. Moving around in the water is gentle on your joints.

- **Get Outside.** When you can, get active outside. Take care of a garden or wash your car. Enjoy a brisk walk with friends or family around a park, museum or zoo.

For more tips to help prevent or delay the onset of type 2 diabetes, download or order the "It's Not Too Late to Prevent Diabetes. Take Your First Step Today" tip sheet or "Small Steps. Big Rewards. Your Game Plan to Prevent Type 2 Diabetes: Information for Patients" booklet from the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.