



TIPS FOR YOUTH WITH DIABETES: BE ACTIVE

BEING ACTIVE IS AN IMPORTANT PART OF A HEALTHY LIFESTYLE FOR EVERYONE, AND IT'S KEY IF YOU'RE A TEEN WITH DIABETES.

HI, I'M DOCTOR GRIFFIN RODGERS, BRINGING YOU HEALTHY MOMENTS FROM THE N-I-H. I'M THE DIRECTOR OF THE NATIONAL INSTITUTE OF DIABETES, DIGESTIVE AND KIDNEY DISEASES. BEING PHYSICALLY ACTIVE IS VERY IMPORTANT FOR TEENS WITH DIABETES. IT HELPS YOU TO RELAX, ACHIEVE A HEALTHY WEIGHT, MANAGE YOUR BLOOD SUGAR LEVELS AND GIVES YOU MORE ENERGY.

TALK TO YOUR DOCTOR ABOUT THE KINDS OF ACTIVITIES THAT MIGHT WORK BEST FOR YOU. HIKING, BIKING OR DANCING ARE JUST A FEW GOOD OPTIONS. AIM FOR AT LEAST SIXTY MINUTES OF PHYSICAL ACTIVITY EACH DAY AND, IF YOU TAKE INSULIN, MAKE SURE YOUR BLOOD SUGAR DOESN'T GET TOO LOW DURING OR AFTER AN ACTIVITY. ALWAYS WEAR A MEDICAL I-D BRACELET AND BRING A SNACK IN CASE YOU NEED IT.

FOR MORE INFORMATION, FOLLOW US ON TWITTER AT N-I-D-D-K-GOV. THIS IS DOCTOR GRIFFIN RODGERS WITH THE N-I-H.