

NORTHERN MICHIGAN DIABETES INITIATIVE

Winter 2020 Patient Newsletter



2019 was a lot of fun!

Thanks to everyone who joined a class, attended an event, collected candy, shared their story, spread some kindness, liked us on Facebook, and all the other ways you helped support the mission of NMDI.

Visit us at NMDI.org or on Facebook @NorthernMichiganDiabetesInitiative

7 SELF CARE BEHAVIORS FOR MANAGING DIABETES

1. Healthy Eating
2. **Being Active**
3. Monitoring
4. Taking Medication
5. Problem Solving
6. Reducing Risk
7. Healthy Coping

In this issue we will focus on Being Active.

Cold weather and snow are often excuses for not staying active during the winter months. We'd like to help turn those excuses into opportunities!

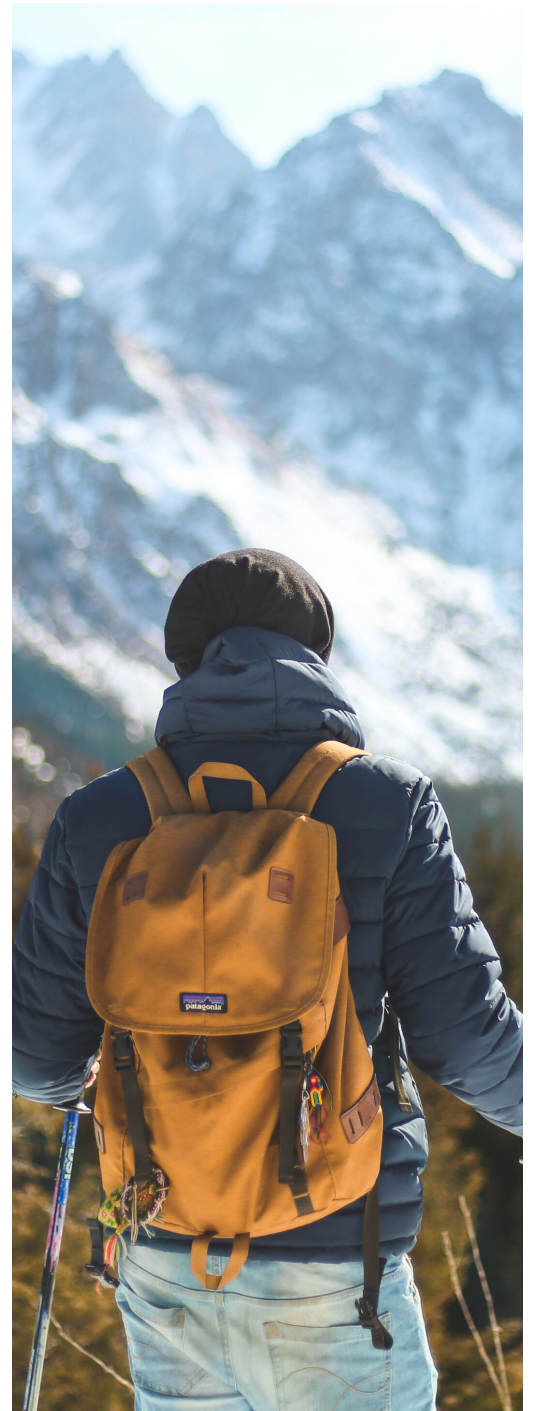
WAYS TO MAKE WINTER ACTIVITY SAFER AND MORE ENJOYABLE

Yaktrax - these slip over the bottom of your boots to give you extra traction in the snow and on slippery sidewalks.

Ski poles or walking poles - provide extra stability when walking through snow and on slippery sidewalks. Using them also gives you some upper body movement while walking.

Hand and foot warmers - keep your fingers and toes toasty warm so you can play outside a little longer.

Dress in layers - you'll stay warm but also be able to shed layers when you start to get too hot.



If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.

INDOOR ALTERNATIVES

If you're still not sure about exercising outdoors during the winter, there are great indoor options to keep you moving. Diabetes Forecast magazine suggests *"Use the weather as your excuse to check out that fitness class you've been curious about, refresh your gym membership or try activities such as mall walking."*

There are also a lot of great exercises you can do at home that don't require fancy equipment. Try doing push ups against a wall, crunches on the floor, climbing stairs or marching in place. If you have a computer you can check out some of the many free exercise videos on YouTube. One of my personal favorites is Heart And Soul Fit (HASFit).



12 SAFE EXERCISE TIPS FOR PEOPLE WITH DIABETES

- Check your blood sugar levels before, during and after exercise
- Keep a log to track your exercise and blood sugar levels
- Keep a source of fast acting carbs near by for low blood sugar emergencies
- Check with your doctor about when to take insulin or medications before you exercise
- Stay hydrated
- Wear a medical identification bracelet
- Warm up and Cool down
- Dress appropriately
- Breath normally
- Start Slow
- Save your breath, you should be able to carry on a conversation while you exercise
- Carry a phone in case of an emergency

source: dlife.com

