UNIDOS CONTRA
LA DIABETES

GET ACTIVE

Find something you like

Exercising by doing something you enjoy is important because if you don't like it, you won't stick with it. Find an activity that you and your health care provider agree you can do regularly for the best results.

Start small

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Find a partner

It's more fun when someone else is counting on you to show up. Having a partner may help you continue to be active.

Pick a goal

An example of a goal could be to walk a mile every day for a month or to be active every weekday for 30 minutes. Be specific and realistic. Always discuss your activity goals with your health care provider.

Schedule it in

The more activity you do, the quicker it will become a habit. Think of ways to link activity to daily life. For example, you could schedule walking with a co-worker after lunch. Try not to go more than 2 days in a row without being active.