

Make Walking Your First Step to Preventing or Managing Diabetes

Being physically active will help you prevent or manage diabetes. You can start by walking. It's easy to start walking. All you need is 10 minutes and a good pair of walking shoes.

How much walking should I do?

Walking for at least 150 minutes a week is best. Start out walking 3 or more times a week. Work up to 30 minutes of walking at least 5 days a week. You can break the 30 minutes into three 10-minute sessions spread throughout the day.

What kind of shoes should I wear?

Make sure that your shoes fit well. They should cushion and support your feet. Wear a clean pair of socks to protect your feet. If you have any foot problems or need help getting the right shoes, see your health care provider.

How fast should I walk?

Start slowly and go faster as you become more fit. If you cannot talk while you walk, you are walking too quickly. If you can sing while you walk, you are walking too slowly!

How can I make walking a habit?

With a little time, walking can become a habit. Try to develop a habit of walking for at least 30 minutes every day:

- Have fun! Walk with family or friends. Enjoy talking.
- Take scenic routes.
- Park a little farther from the store or your work place.
- Walk on your lunch hour or break.
- Use the stairs.
- Walk at the same time each day.
- Have a weekly schedule. Walk on most days of the week.

How can I become more fit?

First check with your health care provider to find out what activities are best for you. Try bike riding, hiking, dancing, or working out at a gym. Find out what kinds of fitness activities you can join at your tribal health center. Ask a friend, your children, grandchildren, or other family members to join you. You will be a healthy role model to your loved ones.

