

## Class Five

# A Step Towards Success



## Objectives

In this class, you will:

- Share successes and challenges of growing your resilience resource: a positive mindset
- Understand the benefits of regular physical activity
- Understand physical activity recommendations set forth by the American Diabetes Association
- Understand why monitoring blood sugar is an essential part of your physical activity program
- Understand the importance of carrying your **TX STRIDE diabetes identification card** with you
- Learn strategies to enhance your aerobic capacity, strength, flexibility, and balance
- Get started using your **TX STRIDE physical activity cards**
- Learn strategies to add steps to your day
- Use your resilience resources to increase your physical activity



**GROUP DISCUSSION Resilience Reflection – A Positive Mindset**

Your thoughts and feelings about a stressful situation influence your behavior. You experience less distress and a better outcome when you have a positive mindset!

**Reflect on a stressful experience.**

**Let’s practice shifting from unhelpful thoughts to helpful thoughts.**

**CATCH IT**

***Identify an unhelpful thought.***

Notice how unhelpful thinking leaves you feeling bad and behaving in a way that does not support your diabetes care/well-being.

UNHELPFUL THOUGHT...

**CHECK IT (Challenge it)**

- Ask yourself:
1. Are my thoughts/beliefs accurate?
  2. Are my thoughts helpful or harmful?
  3. Challenge the thought!
  4. How would I advise a friend in this situation?
  5. How else could I think about the situation?

**CHANGE IT**

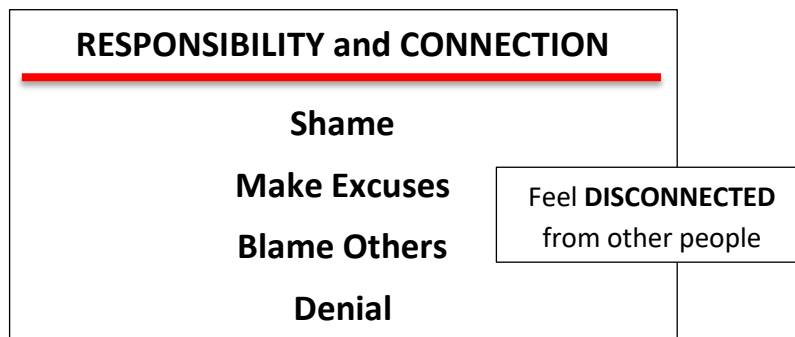
***Change the thought to be more balanced / helpful for you.***

HELPFUL THOUGHT...

**Key reminders to recognize you’re having unhelpful thoughts:**

1. You notice you are below the line (see diagram below).
2. You notice you feel disconnected from a loved one/friend.

Helpful thoughts help you take responsibility (own your power and control) rather than give your power away and blame others or shame yourself. Helpful thoughts also help you to have positive connections with other people rather than isolate and feel disconnected.



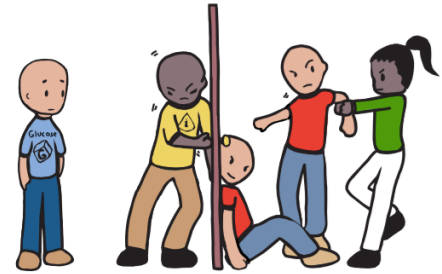
## Physical Activity Recommendations From the American Diabetes Association (ADA)

The ADA prepared a Position Statement in 2016, updated in 2020, with physical activity recommendations for blood sugar management and overall health. The recommendations vary depending on your health status and should be tailored to meet your individual needs.

**Before starting a physical activity program, talk with and follow the recommendations of your physician or other health care provider. Safety first, always!!**

### The Benefits of Physical Activity

When you engage in physical activity (**green shirt**), your body removes some of the resistance from your cells (**red shirt**). This allows insulin (**yellow shirt**) to open the door more easily and better perform its job so that blood glucose (**blue shirt**) can enter and provide energy to all the cells of your body.



### The ADA Recommends Four Types of Physical Activity

- ✓ The **four types of physical activity** critical for blood sugar management and overall health include: aerobic, resistance (strength) training, flexibility, and balance exercises.
- ✓ All four types of activity don't need to be done every day. Doing different activities each day makes exercise more interesting and keeps your body healthy and strong.
- ✓ We'll talk about the Frequency, Intensity, Time, and Progression for each type of physical activity. This is often referred to as your **F.I.T. Program**.

**Aerobic Exercises** — Aerobic means “with or requiring oxygen.” You might know it as any type of cardiovascular or “cardio” activity that involves large muscle groups and increases your breathing and heart rate.

#### Sample activities:

- ✓ Brisk walking
- ✓ Dancing
- ✓ Swimming
- ✓ Cycling
- ✓ Zumba

#### **F.I.T. Program: Aerobic Exercises**

**F**requency – 3 to 7 days/week

(no more than 2 consecutive days without exercise)

**I**ntensity – your breathing and heart rate should increase, but you can still talk during the activity

**T**ime – at least 150 minutes/week (about 20 minutes/day)

**P**rogression – start slow; a greater emphasis on moderate to vigorous intensity if fitness is the primary goal, and not contraindicated by diabetes complications

Major benefits of aerobic exercises:

Aerobic activity, such as walking, can help you and your family members feel better. The many benefits of aerobic exercise include:

- ✓ Can reduce stress and enhance our mood
- ✓ Helps lower anxiety and depressive symptoms
- ✓ Can improve our quality of sleep
- ✓ Helps control our weight
- ✓ Helps lower our blood sugar
- ✓ Enables our body to use insulin more effectively
- ✓ Fosters social interaction with friends and/or family members
- ✓ Helps lower our cholesterol
- ✓ Helps strengthen our heart and cardiovascular function
- ✓ Helps lower our blood pressure

*See handout: Diabetes and Stress*

*See handout: Diabetes and Depression*

**Strength / Resistance Exercises** — Type 2 diabetes is a risk factor for lower muscular strength and functional status. Exercises to strengthen your bones, muscles, and connective tissues (tendons and ligaments) provide significant health benefits to counter this risk. Many exercises can be done using your own body weight or weighted household items. If available, weight machines, free weights, and elastic resistance bands are also useful resources.

Major benefits of resistance exercises:

- ✓ Enhances performance of daily activities
- ✓ Improves blood sugar control
- ✓ Lowers our risk of injury
- ✓ Improves our bone density
- ✓ Helps lower our blood pressure
- ✓ Enhances our mental health
- ✓ Strengthens our cardiovascular system
- ✓ Reduces fat body mass
- ✓ Enhances lean body mass
- ✓ Increases overall/full body strength

**F.I.T. Program: Strength / Resistance Exercises**

**F**requency – 2 days/week, preferably 3 days/week (nonconsecutive)

**I**ntensity – exercises should be performed to near muscle fatigue

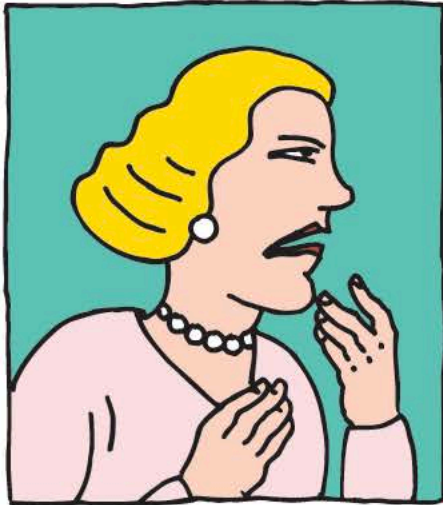
**T**ime – aim for 10-15 minutes or at least 4 exercises

**P**rogression – increase duration and/or frequency as your strength improves over time

- ✓ Increase when lower number of repetitions can consistently be exceeded fairly easily
- ✓ Gradually increase from 2 days/wk to 3 days/wk
- ✓ Add weight as you progress

# DIABETES AND STRESS

Stress is a normal part of living. Some days you feel great. Other days you may feel tired, sad, upset about work or about your diabetes.

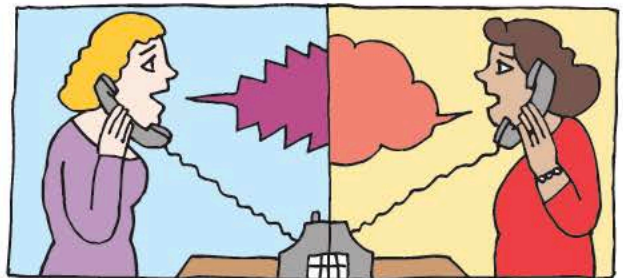


Low blood sugar can make you feel nervous or upset. High blood sugar can make you feel tired or down.

## What can you do?

Learn to relax. There are a number of things you can do to lower the stress in your life and control your diabetes, such as:

- Be physically active 30 minutes or more a day.
- Get a hobby. Join a club. Try a new sport.
- Take a nap. Even a 10 minute nap can help.
- Go for a walk. Listen to music.
- Open up. Sharing your feelings with family and friends can often lower stress.



Call your doctor or diabetes educator if you have too much stress in your life. They are there to help.



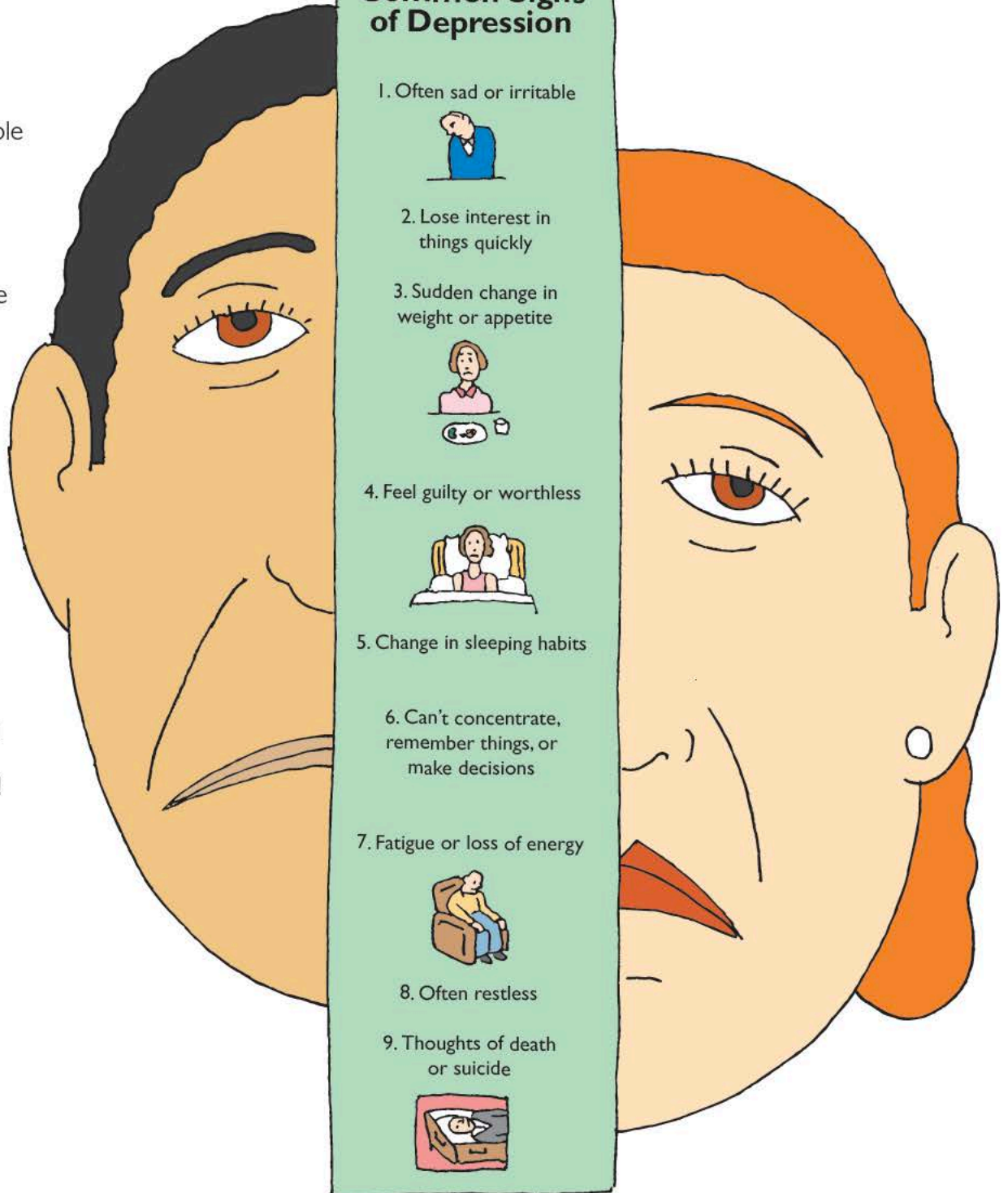
Having diabetes can cause stress. Changes in your blood sugar levels can make your diabetes harder to control.



# DIABETES AND DEPRESSION

## Are You At Risk?

Depression occurs more often in people with diabetes than in people without diabetes. If you have one or more of these signs or symptoms of depression for a week or more and don't know why, call your doctor. Don't wait. Medical treatment can help!



### Common Signs of Depression

1. Often sad or irritable



2. Lose interest in things quickly

3. Sudden change in weight or appetite



4. Feel guilty or worthless



5. Change in sleeping habits

6. Can't concentrate, remember things, or make decisions

7. Fatigue or loss of energy



8. Often restless

9. Thoughts of death or suicide



**Flexibility and Balance Exercises** — Flexibility exercises improve range of motion around our joints. Balance exercises can help prevent falls and improve our standing, sitting, and walking posture.

Sample exercises:

- ✓ Yoga
- ✓ Tai chi

Major benefits of flexibility and balance exercises:

- ✓ Lowers our risk of injury
- ✓ Aids in fall prevention
- ✓ Lowers our physical pain
- ✓ Improves our range of motion
- ✓ Enhances our overall strength
- ✓ Helps enhance our positive mindset

**F.I.T. Program: Flexibility and Balance**

**F**requency – 2-3 times/week (for both flexibility and balance)

**I**ntensity  
Flexibility – stretch until slight discomfort or muscle tightness  
Balance – light (you should be able to breathe comfortably)

**T**ime – 10 to 15 minutes or at least 4 exercises  
 (for both flexibility and balance)

**P**rogression – increase duration and/or frequency to progress over time

**Get Started by Using Your TX STRIDE Physical Activity Cards**



**PHYSICAL ACTIVITY CARDS**



The American Diabetes Association (ADA) recommends a combination of 4 types of physical activity. They are critical for blood glucose management and overall health.

**PHYSICAL ACTIVITY**  
**FLEXIBILITY**

- Stand or sit upright in a sturdy chair.
- With good posture, reach upward with your right hand as far as you can, while letting your left hand slide gently downward.
- You should feel this stretch along your rib cage, spine, and waist.
- Hold for 10-30 seconds. Switch arms and repeat for 1-2 rounds.



*“Every strike brings me closer to the next home run.” - Babe Ruth*



**SIDE STRETCH**



## Walking: A Huge Step Towards Success in Managing Type 2 Diabetes!

### Use Your Fitbit as a Motivator to Track Your Steps

#### Get Ready...

Before beginning a walking program, it is important to follow a few basic principles to keep you comfortable and safe:

1. Get the **OK** from your physician or other health care provider before beginning.
2. Check your blood sugar before exercising, and if it is 100 mg/dl or less, have a carbohydrate snack. Also, carry a carbohydrate snack with you.
3. Wear your diabetes I.D. or carry your **TX STRIDE diabetes identification card** with you.
4. Choose comfortable, supportive shoes that fit well; check your feet every day for blisters, cuts, red spots, or swelling. If you can't see the bottom of your feet, use a mirror or ask someone to help you.
5. Pay attention to your posture: keep your head up and arms bent slightly swinging as you step.
6. Safety first: be aware of your surroundings!
7. Don't be distracted by your cell phone.
8. Stay hydrated by drinking water before, during, and after you walk. Be mindful of the Texas heat and humidity. Choose not to walk outdoors under conditions of high temperature and high humidity.
9. Include a slower warm-up and cool-down period to reduce stress on your heart and muscles.
10. Check your blood sugar after exercising to learn how your body is reacting. If your blood sugar often gets too low, discuss lowering your diabetes medication doses with your physician or other health care provider.
11. Set realistic expectations for your aerobic program. Be mindful that although the benefits of activity are vast, they take longer to occur. Participants report that barriers to being physically active (e.g., time, fatigue, risk of injury, pain, soreness) are often more present in the short-term. Prepare yourself for these barriers and be patient with yourself as you create a lifestyle of being active.
12. It is always good to have a walking partner.



#### When is it too hot to walk outside?



- The temperature is above 80°F and the humidity is above 40%.
- Avoid the hours between 9am to 7pm in the summer months.

#### Safety Tips for Staying Safe in the Sun

- Wear sunscreen, loose clothing, and a hat
- Bring ice water
- Walk indoors when it is too hot
- Stay close to home
- Watch for symptoms of heat exhaustion (confusion, dizziness, nausea, & headache)



## Set...

As stated earlier, the American Diabetes Association encourages you to get at least 150 minutes each week of aerobic activity – about 20 minutes/day.

- ✓ Just 20 minutes/day of walking can reduce your risk of early death by as much as 30 percent.
- ✓ A 20-minute brisk walk is about 2,500 steps using your Fitbit and covers about a mile.



## Take Advantage of your Fitbit

Walking is Good Medicine! And it is free! It can help you and your family members feel better. Use your Fitbit to help track your steps and motivate you to be more physically active throughout the day.

Now that you have been wearing your Fitbit for a few weeks, you have an idea of the average number of steps you get on a typical day. **This is your baseline level.**

**A nice goal would be to add 500 daily steps to your baseline level.** Each week, you can reevaluate your walking goal. If you reach your goal nearly every day, you can add 500 more steps to your goal. If you have trouble meeting your goal, then you can walk at the same level until you build enough endurance to achieve your goal number of steps.

Baseline	Benchmark (Goal)
_____ Steps Average daily steps prior to starting a walking program.	_____ Steps Add 500 daily steps to your baseline.

- Over time, building up to **7,500 steps/day** is ideal to enhance life expectancy.
- One mile equals roughly 2,500 steps and takes about 20 minutes.
- Two miles equals roughly 5,000 steps and takes about 40 minutes.
- **For weight loss purposes**, consider increasing the overall goal to **10,000 steps/day**, which doesn't have to happen all at once. You can take a few planned walks throughout the day and look for ways to add more steps to your normal routine throughout the day.
- **Walking has been found to be one of the most important factors in maintaining weight loss.**

## Go!

One of the best things about walking is that you can increase your physical activity without devoting a large part of your busy day to it. Remember that your total daily step count includes all your steps throughout the day – including your walking program. The challenge is to make walking a daily habit and find opportunities to walk more throughout the day to meet your goal.

## Ways to Add More Steps to Your Day:

- Walk around your house or down to the mailbox
- Listen to music, radio, podcast, audio books while you walk (you can borrow audiobooks for free from the public library)
- Walk to the end of your street and back
- Take the stairs instead of the elevator
- Get off the bus one stop early
- When shopping, park a little further away from the entrance
- Walk around the fields at your children or grandchildren's school or sporting events
- Organize a lunchtime walking group with coworkers or a morning or evening walking group with neighbors
- After dinner, go for a walk around the block with your family
- Move/walk around your house during a commercial break while watching a TV show



### GROUP DISCUSSION

## Overcoming Barriers to Adding More Steps to Your Day

Let's discuss some of the psychological barriers (e.g., feels too hard, lack of motivation) and physical barriers (e.g., busy streets, sense of safety walking outside) to adding more steps to our day.

What are some ways we can overcome these barriers and add more steps throughout the day?

- 1.
- 2.

## Reward Your Steps Towards Success

Think about the positive steps you've taken towards living a healthy life and feel good about your accomplishments. This internal reflection will help you stay committed to a regular walking program.

There are also other ways to help yourself stay motivated. Consider treating yourself to a new pair of walking shoes or a new t-shirt when you reach 5000 steps. When you plan your rewards, think of rewards that reflect your commitment to living a healthy lifestyle.

What are some ways to reward your positive steps towards success?

- 1.
- 2.

***See handout: Walking Works – Every Step Counts***

R01DK123146, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)  
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# WALKING WORKS

## EVERY STEP COUNTS

Being active is one of the best ways to help control your blood sugar if you have diabetes. One of the easiest and safest ways to be active is to walk whenever you can.

Walking 30 minutes or more a day is a good goal for most people. But for many of us, it can be hard to find the time to walk. Don't give up! Even a short walk can be good for you.

Here are some simple, safe ways to walk that almost anyone, any age, can do:

- Take the stairs, not the elevator
- Make your coffee break a walking break instead
- Walk back and forth when you are on the phone



- Park your car a few blocks from where you are going and walk
- Get off the bus or train before your usual stop and walk
- Anytime you have to wait more than 10 minutes, take a walk.

Wear comfortable shoes and socks when you walk. And always check your feet before and after you walk for any problem.\*

Bring a record or diary of how often you walk, the times you walk, and how many minutes you walk, to your diabetes-care visits.



Your doctor or diabetes educator will help you start a walking program that is right for you. Walking can help you control your blood sugar, stay healthy, and enjoy life. Remember, every steps counts! So, LET'S GO WALKING.

\* Call your doctor or health clinic right way if you have a bruise, sore or any other problem with your feet. Don't wait.

## Walking is not an all or nothing activity.

Even if you can't go for a long walk, you might be able to take several short walks to add up to your daily goal.



*So funny....*

People riding up an escalator to the gym  
to walk on a treadmill!!

**Main Point: Think of ways to increase your steps  
all day long – not just at the gym!**



**GROUP DISCUSSION – THE LATEST RESEARCH FINDINGS!**

## The Importance of Reducing Sedentary Time:

Research shows that interrupting prolonged sitting (sedentary behavior) with light walking OR simple resistance activities helps control blood sugar. Let's try it!

- ✓ **Light Walking:** 3 minutes every 30 minutes
- ✓ **Simple Resistance Exercises (using TX STRIDE cards):** 3 minutes every 30 minutes

Note: 15 second segments alternating between 4 resistance exercises provides variety and rest for muscle groups while allowing for continued muscle activation

## Until We Meet Again...

Get started using your **TX STRIDE Physical Activity Cards**  
Use your Fitbit to enhance motivation and get more steps



## Bring to Our Next Class Session

Your diabetes notebook  
Your medication card