One of the benefits of exercise is the lowering of blood glucose levels. It is important that you recognize symptoms of low blood glucose, so that you can be prepared to treat this condition.

Lance monitors his blood glucose levels before, during and after exercising. Monitoring his blood glucose levels at least two times after exercising, helps him avoid unexpected low blood sugars and safely treat them.

Whether your goal is to lose weight, lower your blood pressure or improve your overall mental and physical well-being, a physical activity program is the key to achieving your goal.

Lance shared his Tips to make your Activity Program enjoyable:

1. **Slowly** – 5 to 10 minutes per day
2. **Gradually** work up to 30 – 40 minutes a day
3. Be active 3 – 4 times per week
4. Eat a snack before or during your activity to help prevent low blood glucose
5. Stretch before and after physical activity to prevent injury.

When Lance was diagnosed with diabetes, he started incorporating physical activity into his daily routine. His diabetes healthcare team explained to him the benefits of having a physical activity program, and he now enjoys a healthier life.

Starting a physical activity program improved Lance’s blood sugar levels and reduced his need for diabetes medications.

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**Effects of Activity on Blood Glucose Levels**

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How to Start Smart

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Benefits of Physical Activity

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**Benefits of Regular Activity**

- Helps to lower blood glucose levels
- Improves blood pressure and cholesterol levels
- Enhances muscle strength, tone and endurance
- Weight loss and maintenance of desirable weight
- Increases emotional well-being
- Improves overall health, increases energy levels, and reduces stress

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Visit www.MeetLance.com for more helpful tips!

Brought to you by Trividia Health, Inc., makers of the TRUE Brand.


Meet Lance.

He was just diagnosed with diabetes...

TM

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After being diagnosed with diabetes, Lance felt overwhelmed. His healthcare team explained to him that there are four areas he needs to understand and focus on. By focusing on these areas, Lance was able to manage his diabetes.

**Learning About The Diagnosis**

When you are diagnosed with diabetes, it can be stressful and seriously affect your emotions. Accepting your diabetes is the first step to improving your health and living a healthy life.

Lance met with his diabetes healthcare team and learned about the different emotions he could experience during the diagnosis phase.

**Emotions You May Experience**

- **Denial**
  Create and maintain a diabetes care plan that includes your healthcare goals. If you find you are denying some parts of your diabetes care, then ask your diabetes healthcare team for help.

- **Fear**
  The key to overcoming fear is to gain knowledge and understanding of diabetes. Know the facts about the risk of long-term complications from diabetes.

- **Guilt**
  Rather than feeling guilty, take charge of your diabetes by empowering yourself. Reward yourself for what you’re doing right now, rather than dwelling on what you may have done wrong.

**Quick Tip**

It’s important to realize that you are not alone when it comes to a diagnosis of diabetes. According to the CDC, 23.1 million people in the U.S. were diagnosed with diabetes in 2017!

**Quick Tip**

Most people learning that they have diabetes experience a range of emotions, starting with denial and also including fear, guilt, anger, confusion and depression.

**Quick Tip**

Work hard to keep your blood glucose levels as close to normal as possible. When blood glucose levels are high, they can lead to mood changes that can result in depression.

**Quick Tip**

Checking your blood glucose levels is an important part of a diabetes management plan. Regular self-monitoring provides information about how your daily management plan is working to control blood glucose levels.

**The Four-Step Path**

1. Meal Planning
2. Physical Activity
3. Medication
4. Blood Glucose Control