

EXERCISE TIPS TO MANAGE YOUR DIABETES AND WEIGHT

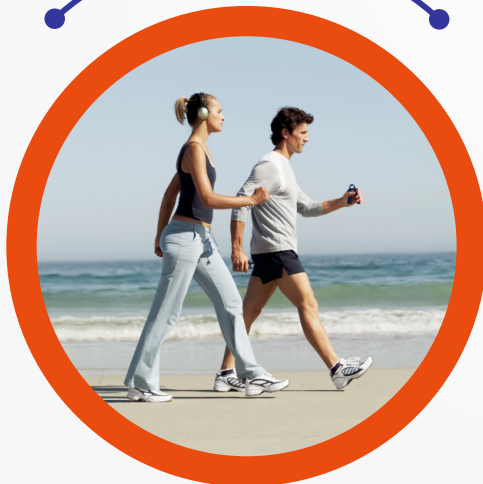
Physical activity is very important for people with diabetes!

If you have a supportive pair of shoes and a safe place to walk, you can start today. Aarambh your day with 30 minutes of walk for 5 days/week

YOGA



If you have lower joint pain, consider choosing low impact exercise. For example, Cycling, it can help you meet your fitness goals Aarambh your day with cycling for 5 days/week



WALKING

Yoga can help people with Diabetes manage their blood sugar, cholesterol levels and weight. Aarambh your day with Yoga, A Step toward fitness



CYCLING

Though initially it may look difficult but this is a new way of life which is safe, simple and successful way to manage your Diabetes well