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## 5 Fresh Approaches to Help People Move More

### Activity Quips that Help Reignite the Passion

These simple sentences capture people's attention and help them take that first step toward more movement. Please feel free to borrow and use these sayings in your practice!

- Even a ten-minute bout of activity can lower blood sugars for up to 24 hours.
- Each minute of activity lowers blood sugar by about one point.
- Walking for even 10 minutes after meals can help lower post-meal blood sugar levels.
- Even without weight loss, getting active can reduce A1C levels by 0.6%.
- Regular activity improves people's mood, sex life, and balance.
- Keeping active helps people maintain their independence.

### Prepare and PLAN for Setbacks

Even the best-made plans may go differently than envisioned. Being ready for setbacks early on helps people set realistic expectations. As diabetes specialists, we can prepare people for obstacles and setbacks and remind them that a falter does not equal failure. According to *Sylvia Gonsahn-Bollie, MD*, assisting individuals to prepare for barriers with a PLAN helps for a quicker recovery.

#### PLAN stands for:

- Ponder what happened.
- Learn from it.
- Adjust the original goal.
- Now get back on track.

Encourage people to avoid black-and-white thinking, like, "Well, I missed my planned workout, so I might as well just give up." Getting back on track as soon as possible keeps the momentum and prevents muscle deconditioning.

### Exercise is medicine.

Regular physical activity can help prevent disease and improve well-being. Although exercise statistics are disheartening, improvement is possible. As health advocates, we can encourage systemic changes in health care and environmental changes in our neighborhoods to increase activity on a population level.

While waiting for more extensive changes, we have the power to equip individuals with personalized, actionable tools for improving and maintaining physical activity. Our belief in people's ability to get active is contagious. A person-centered collaborative approach can help people get moving, one step at a time.

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