

# Children and Young People with Type 2 Diabetes

## Paediatric Diabetes Department

### Exercise and Diabetes

#### Exercise Guidelines for 5 to 18 year olds

Regular physical activity can:-

- ✓ Improve your health
- ✓ Help reduce blood glucose levels
- ✓ Help with weight loss

Tips to increase your physical activity:-

- ✓ Take the stairs instead of the lift
- ✓ Walk instead of using the bus or car for short journeys
- ✓ Get off the bus one stop earlier and walk
- ✓ Do some physical activity that you enjoy such as brisk walking, swimming, dancing or sporting activity.

### Exercise is better medicine than any drug!



- 1) All children and young people should engage in moderate intensity physical activity for at least 60 minutes and up to several hours per day.

**Moderate intensity physical activity** = Feeling warmer, breathing harder, heart beating faster but you can continue a conversation e.g. Bike riding, playground activities, taking a brisk walk.

- 2) **Vigorous intensity activities including those that strengthen muscle and bone should be incorporated in at least 3 days per week.**

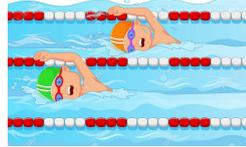


**Vigorous intensity activities strengthen muscle and bone** = Getting warmer, much harder breathing, heart beating rapidly, holding a conversation would be difficult e.g. fast running, swimming, playing football.



**Strengthening bones = swinging on play equipment, hopping, skipping, gymnastics or tennis**

**Exercise should be fun and there maybe activities you didn't know you would enjoy until you give them a go. Look up what is available in your local area.**



**All Children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods:**

- ✓ Less time watching TV, using computer or video games
- ✓ Break up sedentary activity by walking part of a route

**The whole family should get involved in physical activity.**

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



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