Diabetes

Promo 1

Subject: Get Moving!

Today, I want to get down to brass tacks. I want to talk exercise! Getting enough exercise is essential to managing your diabetes.

But there’s a difference between knowing something is good for you and actually doing it! Some days, getting to the gym seems like just about the hardest thing in the world. Some days, we’d trade almost anything for a few more hours of sleep.

One of the greatest tips I can give regarding exercise is to find something you love to do…and do it!

The problem with a lot of us is that we think about exercising as a chore. It’s about the same in our minds as taking out the trash or driving the kids to soccer practice.

If you can find something that you really enjoy doing, however, you can break out of these negative mindset.

Try to get creative about your exercising. Remember, exercising doesn’t have to be going to the gym and doing 30 minutes on the elliptical every single day. That would get old FAST.

Brainstorm new ways to stay active that don’t require you to feel like you’re doing the same thing day in, day out. If you hate your gym routine, you’re that much more likely to ditch your fitness goals all together!

But if you feel like your physical exercise is a source of joy, meditation, or comfort, you’ll be able to push yourself even when your motivation is really low.

If you hate running, stop running! There are a million other forms of fitness that don’t require you to hit the pavement every day. Try swimming, dance classes, hiking, or weight training.

Also, I really recommend setting a limit on how many days a week that you do the *same* routine. Give yourself a few days of swimming, then a few days of yoga, and maybe an easy day or two or taking a nice, long walk!

The most important part of exercising is doing it every day. It’s not about doing it the longest, the hardest, or the sweatiest. I want you to get active…and STAY that way. You’ll be shocked how quickly it becomes something that you not only do, but enjoy.