

MyCARE

With me, every step of the way



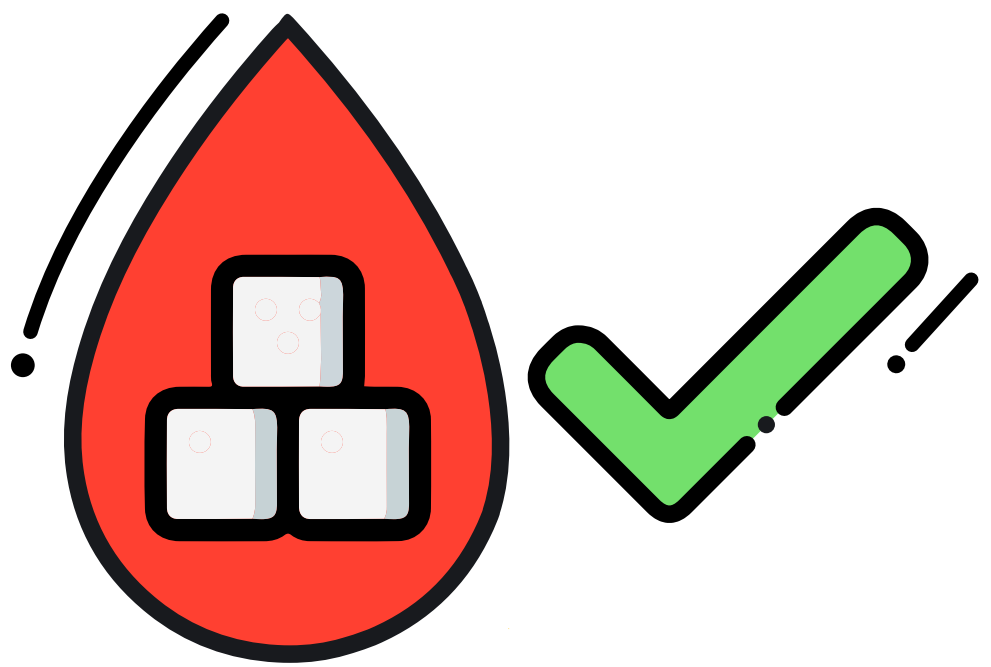
“ **TOO MUCH SITTING** can be **HARMFUL TO HEALTH** ”



YOU SHOULD GET UP EVERY 30 MINUTES and take a movement break



Moving regularly can enable to give **BETTER BLOOD SUGAR CONTROL**





**SOME TIPS
FOR WHAT YOU
CAN DO IN THIS
MOVEMENT
BREAK**

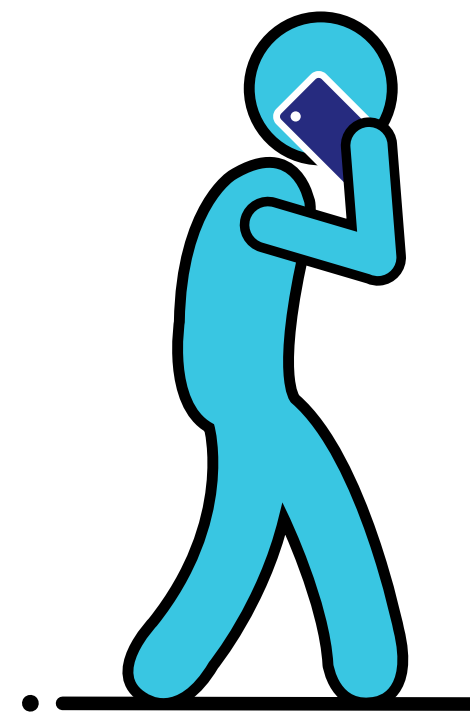
TAKE A WATER BREAK and
walk to the water dispenser



WALK-UP TO YOUR
colleague/family member
and talk instead of texting



WALK WHILE YOU TALK
ON THE PHONE



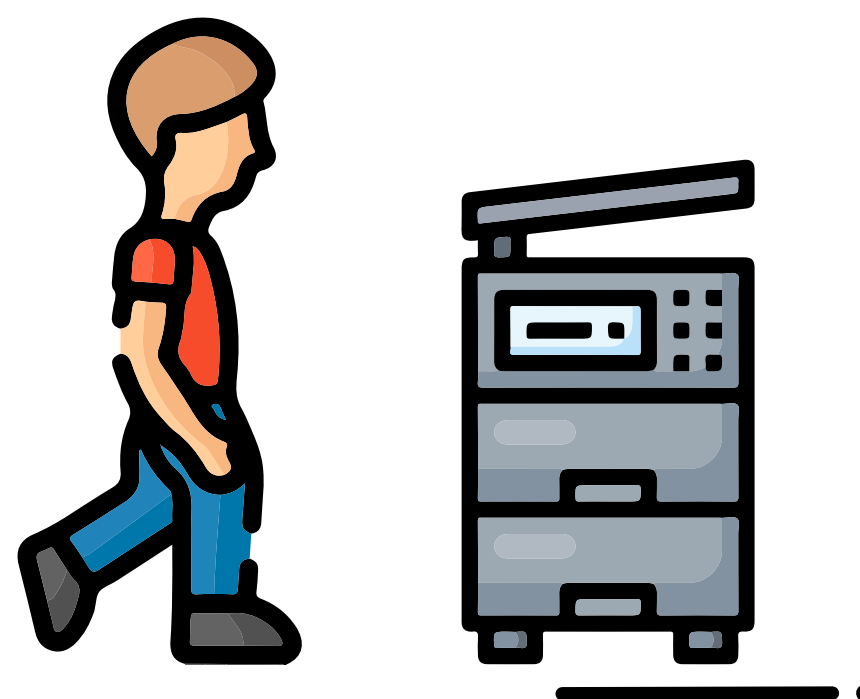
TAKE A
WASHROOM BREAK



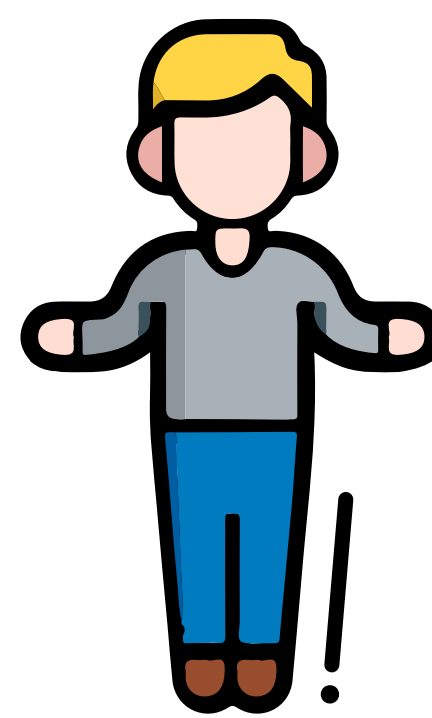
CLIMB SOME STAIRS



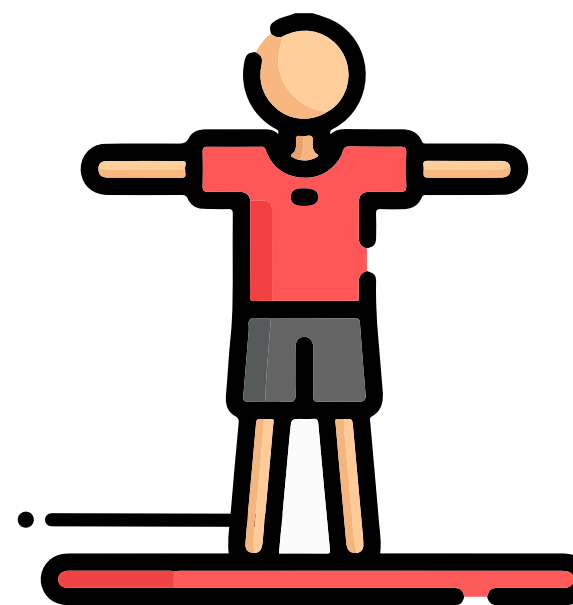
WALK TO THE PHOTOCOPY MACHINE YOURSELF



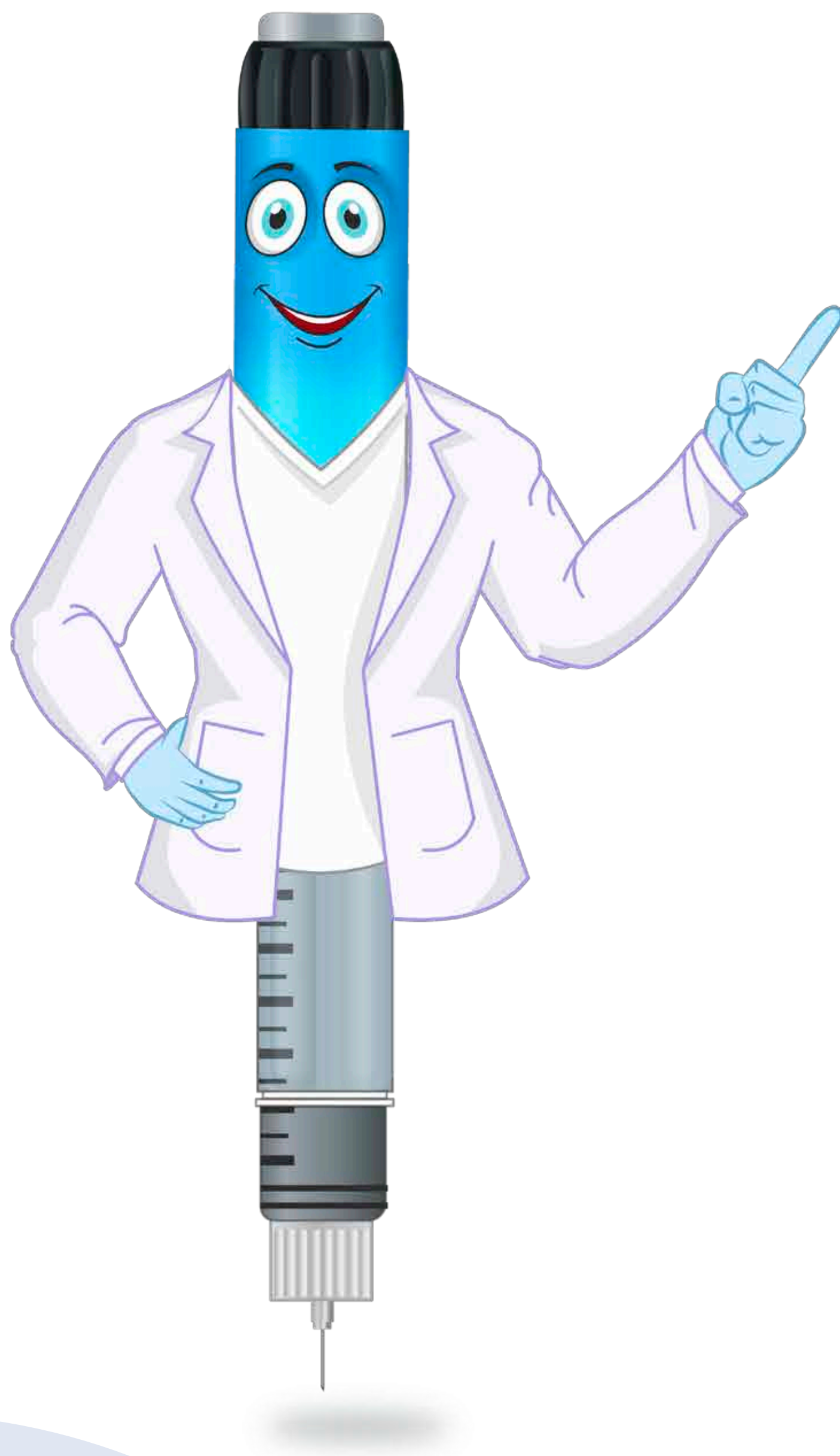
DO SOME SPOT JOGGING/MARCHING



STRETCH YOUR BODY



“ Remember to
MOVE MORE and **SIT LESS!**”



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator. ”



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Reference

- American Diabetes Association; Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers. Clin Diabetes 1 January 2022; 40 (1): 10-38. <https://doi.org/10.2337/cd22-as01>
- Colberg SR, Sigal RJ, Yardley JE, et al. Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. Diabetes Care. 2016;39(11):2065-2079. doi:10.2337/dc16-1728
- Get Active- Diabetes. Centers for Disease Control and Prevention. (2021). Retrieved 21 July 2022. Available at <https://www.cdc.gov/Diabetes/managing/active.html#:~:text=If%20you%20have%20Diabetes%2C%20being,heart%20disease%20and%20nerve%20damage.>
- ADA. Blood Sugar and Exercise. Available at <https://www.Diabetes.org/healthy-living/fitness/getting-started-safely/blood-glucose-and-exercise>

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