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### **Get Physical to Prevent Diabetes**

Ready! Set! Go! These three simple words conjure up pictures of a starting line, and a finishing line, along with slim, muscular athletes running like the wind. But let's face it, we are not all elite athletes. Nor did we all run in the Lincoln Marathon. But most of us can move our bodies in some way each day. Taking this one step toward better health has the potential of producing rich rewards for us in avoiding diseases such as Type II diabetes.

Diabetes is a disease in which blood glucose (sugar) levels are higher than normal, and for which there is no known cure. Most of the food we eat is broken down into glucose, which is the body's main source of fuel. In diabetes, the body does not keep blood glucose at normal levels, which can lead to serious health problems. The cause for this continues to be a mystery, but it appears that genetics and environmental factors such as obesity and lack of exercise play a role.

Fortunately, there are things that we can do to reduce the risk of getting this lifelong disease. Most importantly, we need to make healthy food choices and get regular physical exercise. For some, this will be a lifestyle change. So make it fun. Move your body each day in a way that you will enjoy such as walking, gardening, swimming, or biking. Thirty minutes a day is a goal to reach for to help avoid this lifelong disease. Research shows that moderate physical activity can be accumulated throughout the day in 10 minute bouts, which can be just as effective as exercising for 30 minutes straight.

Check out our website at [www.123actionnow.org](http://www.123actionnow.org) for more information and suggestions on how to avoid Type II diabetes, and take that one step today toward better health.