

[TRANSCRIPT]

Patient: We've all heard that it's important to exercise for 30 minutes every day. But it can be hard to fit exercise into our busy schedules.

Super: Not an actual patient.

Patient: Well guess what, I've found some easy ways to do it.

If you can find 30 minutes to exercise that's great, but you don't have to! My doctor told me it's OK to do 10 minutes, three times a day instead.

Super: The American Diabetes Association recommends at least 150 min/week of moderate-intensity aerobic physical activity, spread over at least 3 days/week with no more than 2 day in a row without exercise. Always talk to your doctor before starting or changing an exercise program.

Patient: So now I take a brisk 10 minute walk when I wake up, and the same after lunch and dinner. Doing 10 minutes at a time makes it easier for me to fit exercise into my day.

If you don't feel like walking, you can dance, shoot hoops, play with your kids, or do yard work. Anything that gets you moving and your heart pumping faster counts!

And by the way, do you break a sweat when you mop your floors or clean your house? That counts as exercise too! Remember, the goal is to get your heart pumping.

So remember to fit some exercise into every day. Schedule 10 minutes at a time and don't forget to count what you're already doing. Just keep moving and keep your heart pumping.

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