



Strong in Body and Spirit Healthy Choices

Lesson Two: Moving More



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A Vision for Ourselves and Our Families,

The Eagle, through his vision, can see us making changes in our lives that make us healthier, and our children and grandchildren healthier, too. He sees us begin to move around more often and having others join us. Soon we are looking better and enjoying everyday movement and exercise! Before long, our entire community is joining in to make a healthier community.

You, and only you, can take charge of your diabetes and control it

What is Type 2 diabetes

Type 2 diabetes is when the cells do not accept the glucose (sugar) available in the blood. Call it exercise, activity or moving around; they all help the cells accept the glucose.

Moving more can help you lower your blood sugar and also can help you feel better. Studies have shown that people with diabetes who follow a low-calorie, low-fat, high-fiber diet and who move or are physically active 30 minutes a day are more likely to keep their blood sugar in balance.

It is also important to quit smoking. Quitting smoking helps reduce people's risk for heart disease, cancer, and may also reduce the risk for type 2 diabetes in people who do not have diabetes.

Moving more helps control diabetes!

It's true! When you are active, you increase your metabolism, which means you burn more calories. Moving more also increases your blood circulation. It helps insulin to open the door to the cells in our body so they can receive blood sugar, thus helping to give you more energy. This all provides blood sugar to the muscles and lowers the sugar in our bloodstream.

Moving more also helps lower blood pressure and prevent heart and blood flow problems, which can reduce your risk for heart disease and nerve damage. High blood pressure, heart disease and nerve damage are often problems for people with diabetes.

Moving more even helps to prevent diabetes in those who do not have it. This is important, because it means that your family and friends may be able to prevent or delay diabetes by being moving more than they are today.

Because moving or being active is so important for all of us, we are going to talk a lot about it.

What is Exercise?

We know you've been told before to get more exercise. But let's take a few minutes and explain what exercise is. Exercise is any kind of physical movement – it may be a specific exercise routine you choose to do, and it may also be activities related to household chores and work. Some people also use the term “physical activity” to refer to exercise. Although they may seem different to you, exercise and physical activity are really the same idea. Just use whatever words make sense to you and really think about just “Moving More”!

What Kind of exercise Should I Do?

Doing moderate movement or physical activity for at least 30 minutes on 5 or more days of the week is known to improve our health. Moderate intensity means fast enough to make your **heart beat a little faster, makes you sweat a little bit, and makes you breathe a little harder.**

The 30 minutes of physical activity is best if it is done all at one time, but it can also be done in shorter bouts of time to add up to 30 minutes over the entire day.

If you are not accustomed to physical activity, you may want to start with a little exercise, and work your way up. As you become stronger, you can add a few extra minutes. Remember, do some movement every day.

There are three categories of movement that we need:

- Aerobic (Cardio or Endurance)
- Strengthening
- Stretching

Aerobic Movement

Aerobic movements or exercise also called cardio or endurance, is the most important kind of movement a person can do. Aerobic movement makes your pulse increase and generally makes us sweat. Aerobic movement also strengthens our heart and lungs and decreases the risk for diabetes in people who do not have diabetes. Walking is aerobic and is a good way to start. It is something you can do where you live, or at a gym or a school track. You can walk anywhere you feel safe and where ever you like the scenery. Walking is the least expensive form of aerobic movement.

Traditionally, running was a way of life for everyone. Running is also an excellent aerobic movement. But exercise can be anything you like to do. Just keep moving for at least thirty minutes five or more days per week.

Choose any exercise you like to do. The most important thing is that you like it and you will do it.

Do a little light activity before and after your aerobic session, to warm up and cool down. Remember to stretch at the end when your muscles are warm.

Be sure to drink fluids when you are doing any activity that makes you lose fluid through sweat. The rule-of-thumb is that, by the time you notice you are thirsty, you are already somewhat dehydrated (low on fluid). So this means you need to drink fluid regularly (even before you feel really thirsty) to avoid becoming dehydrated.

Ideas for Aerobic exercise:

- Hiking or Walking
- Farming
- Dancing
- Climbing stairs or hills
- Biking
- Swimming
- Gardening
- Volleyball
- Basketball
- Jumping rope
- “Aerobics” classes
- Running or jogging
- Any thing that makes you breath faster!



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Strengthening Movement

Strengthening movement or exercises are any movement that requires you to exert force. Lifting weights using a machine or using free weights such as barbells or dumbbells is the most common type of strengthening exercise.

These exercises are very helpful in strengthening bones and are good for building muscles.

Strengthening exercises lower blood glucose by increasing the muscles' energy needs and causing more glucose to move from your blood into the muscles. In addition to increasing your use of blood glucose, strengthening exercises reduce your body fat, decrease high blood pressure, and keep bones strong.

Using weight machines to increase your muscle strength is effective and safe for most people. Some people prefer to use weight machines because they require less coordination, and most machines in gyms have instructions listed right on the machine for easier use.

Using free weights as a part of an exercise program can also be a safe and effective way of improving strength and fitness for most people. The term "free weight" means the weights are not part of a special piece of equipment. The use of free weights requires more coordination and strength than what is needed to use weight machines. Lifting weights can develop different types of muscle fitness, depending upon how you use them.

- Muscle Strength is achieved by lifting each weight 5 to 8 times/repetitions, 1 to 3 sets.
- Muscle Endurance is achieved by lifting each weight 15 to 20 times/repetitions, for 1 to 3 sets.
- Muscle Power is achieved by lifting each weight 3 to 5 times (or repetitions), for 1 to 3 sets.

Moving our major muscle groups is important for developing fitness. These major muscle groups include:

- Upper body: front and back of arms, shoulders, chest, and upper back.
- Torso (or trunk): abdominals, sides of torso (obliquus), and lower back.
- Legs: front and back of thighs, calves, and buttocks.

Stretching Movement

Stretching movement of exercises should be done to help keep you loose and limber. It is important to include stretching in every exercise routine whether you are doing strengthening exercises or aerobic exercises.

Warm up before you stretch by doing some easy walking or arm-pumping first. Working your muscles too hard or stretching too much before the muscles are warmed up may result in injury.

Never "bounce" into a stretch. Make slow and steady movements. Jerking into position can cause muscles to tighten which may result in injury.

Avoid "locking" your joints into place when you straighten them during stretches. Your arms and legs should be straight when you stretch them, but don't lock them in a tightly straight position. You should always have a very small amount of bending in your joints while stretching.

Stretching exercises give us more freedom of movement to do the things you need to do, and also to do the things we like to do.

Stretch slowly, into the desired position, as far as possible without pain, and hold the stretch for 10 to 30 seconds. Relax, then repeat, trying to stretch farther than before. Each time you stretch, make sure to breathe. You should not hold your breath during a stretch.

What exercises can you think of?

We know you've heard you need to get more exercise, but do you know why exercise is such a big deal?

Should I Exercise or Just Move More?

Movement every day is a big deal for people with diabetes. These moving opportunities lower your blood sugar and help you to feel better and may prevent or delay diabetes for your family and friends.

Healthy movement or exercise means that you do it:

- At least 30 minutes each day
- 5 to 6 times per week
- So that your heart beats faster
- So that you sweat a little
- So that you breathe harder than usual
- So that you feel like you're working a little
- Slow enough to talk to someone while exercising
- Because it's fun!

When you have diabetes, your body has trouble using food for energy and you end up with too much sugar in your blood.

Blood sugar is a funny thing - you can't feel sugar in your blood, but it's there. When you exercise, your body uses up the sugar in your blood for energy. So when you exercise your blood sugar gets lower.

Because moving more lowers your blood sugar, you may need less medication. If you have a question about your medicine, you should check your blood sugar and ask your health care provider.

Moving more helps control your weight. Once you get started moving and are moving regularly, it helps you use up calories even when you are sitting still! Pretty neat huh?

So exercise can lower your blood sugar and help you maintain your weight or help you to lose weight.

Can Moving More Improve Life?

In addition to lowering your blood sugar, exercise can also make it easier to do the following:

- Sleep better
- Feel younger
- Be more alert
- Handle stress
- Have more energy
- Improve blood flow
- Keep your heart fit
- Keep extra weight off
- Keep your spirits high
- Feel more self-confident
- Increase your muscle tone
- Prevent or control high blood pressure
- Avoid diabetes complications
- Keep your bones strong
- Reduce your risk for heart disease
- Keep you healthy to continue to help your family and community



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How Can I Start Moving More?

Everyone can exercise! You don't have to be a sports nut or an athlete to exercise. People with diabetes really need exercise to lower their blood sugar. If you want to start exercising, good for you! You've decided to give it a try. Here's how to get started:

- Check your blood sugar before you exercise.
- If your blood sugar is above 250 mg/dL exercise slowly and check if it drops and recognize if you should not be exercising.
- If your blood sugar is below 100 mg/dL, eat a snack and check your blood sugar again before you exercise.
- Eat small snacks as needed to avoid low blood sugar during and after exercise.
- If you take insulin, ask your health care team whether you should change your dosage before you exercise.
- Exercise 10 to 15 minutes at a time every day to get started.
- Increase your exercise by 5 minutes a week. By the end of the month you could be exercising 30 minutes a day, 5 times a week!

Congratulations! If you are already exercising 30 minutes or more, most days of the week (5 to 6 times a week), then keep up the good work.

If you are ready for a little bit more, you should know that increasing your exercise will help improve your blood sugar control even more and help you to be even healthier.

Increasing your exercise to a total of 3 hours a week (60 minutes for 3 times a week or 45 minutes for 4 times a week) will really improve your fitness, your sugar, and your state of mind. So, feel free to pick up the pace and exercise a little longer. You will be stronger in body and in spirit.

Exercise tips:

1. Start with stretching and warm-up movement.
2. Keep hydrated! When you exercise, you lose moisture by sweating and you need to replace your body's fluids by drinking 6 to 8 glasses of water a day.
3. Wear cotton socks and comfortable shoes for the exercise or physical activity you will be doing.
4. Instead of watching TV in the evening, you can play an aerobic exercise video in your DVD or computer and exercise with your family or walk while listening to your favorite music.
5. Involve your family and friends.
6. You can count daily activities as exercise – vacuuming or chopping wood for 30 minutes counts because you are moving more and getting exercise!
7. You can dance to music in your house or shoot baskets in the gym with your kids – it counts.
8. You can break up the 30 minutes of aerobic exercise into 15-minute exercise periods twice-a-day or 10-minute exercise periods three times a day for a total of 30 minutes a day.
9. Have a snack available during and after exercise to avoid low blood sugar. Chocolate milk is a good replacement food choice after exercise.
10. Take time to cool down after exercise.

Planning to fit Moving More Into a Busy Life?

Plan to include exercise in your life.

Let's think about something else people have to plan – **A Garden.**

Every winter we plan our garden and we start thinking about what crops we would like to plant. We think about the fall harvest, the ripe tomatoes, the corn and the beans.

When spring finally comes, we are ready to work in the ground, turning it over for the seeds. Carefully we plant the tender seeds in the warm soil. Every day we tend the seeds making sure they have plenty of water.

Soon the plants begin to emerge from the ground. We water the new plants and pull the weeds. The plants bloom and tiny vegetables begin to appear.

The summer rains and sunshine make the plants grow big and strong. All summer we take care of the plants in the garden, with the hope that we will have lots of vegetables.

One day we go to the garden and see the tomatoes red in color, the golden corn, and the ripe beans. We begin to gather the crops and smile.

Last winter, so many months ago, when it was still dark and cold, we had visions of this very day. The efforts in planning by choosing the seeds, working the soil, planting the garden, and tending the plants has been successful. We have a good crop and feel proud of ourselves.

Getting started with moving more is much like having a garden. With our gardens, we have a plan and we set a goal to make a garden and have vegetables. Even though we may not say I'm planning a garden and my goal is to have vegetables that is the plan and that is the goal. It is just like when you plan your garden with the goal of having vegetables, you can plan to move more with the goal of lowering your blood sugar.

Moving more can be easy. Choose an exercise plan and exercise goal for yourself. Look back at the list of what exercise does for you. Try thinking of the moving plan like you do your garden, you have to plan it, choose the things you like, take care of it every day, and you are more likely to be successful.

Just like your family and friends help you with your garden, by weeding and watering, family and friends can help you with your exercise goal by exercising with you, watching the children while you walk a few blocks after supper, or walking to the post office with you.

Remember, it is very important to make the time to exercise! When you plan your exercise and pick a goal, make sure it is one you know you can do. You wouldn't think of planting a garden full of grapefruit trees in North Dakota, would you?

Keeping Track!

Plan your exercise and your goals for this week. Write down when you move a bit and for how long each day. You'll be able to track your progress and to see how the extra movement affects your waist line, weight, or blood glucose.



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Rewards!

When we have a garden, we are thinking about the ripe tomatoes, and the golden sweet corn. These are rewards of having a garden.

Rewards are a good way to keep ourselves going. Movement has a lot of rewards like lowering our blood sugar, reducing our stress, and feeling more energetic. Occasionally we can have a special reward for exercising. Rewards should not be food. Here are some ideas.

- Play some music and dance!
- Call a friend! Go to a movie! Make jewelry!
- Do some sewing or make some fishing lures! Take a nature walk – pick some wild berries!
- Do some weaving or other craft!
- Try a new hairstyle!
- Dress up and go somewhere fun to watch people!
- Print and organize some photos!
- Go window shopping!
- Buy a new kitchen gadget!
- Try a new pair of socks or shoes!
- Buy a new plant, fresh flowers, or herbs to cook with!
- Spend time with your child or grandchild!
- Put money in a bank for each 10 minutes you exercise!

How Can Moving More Help Others?

In the past, everyone was homeschooled! We still learn from the people we live with. Your family learns from watching what you do. You can help your family get started exercising by getting started yourself. If you are having trouble getting started, try to remember all of the positive reasons we move. You are setting an example for your children and grandchildren and can possibly prevent or delay diabetes.

Families that exercise regularly may prevent or delay diabetes and will be healthier. One idea is to walk or go for a bike ride after eating supper and do the dishes together when you get back into the house. This habit will bring new things into your family conversations and everyone will sleep better.

By being active you can get other people in your community involved. This helps not only yourself, but it also helps others in your community to become active and stay healthy.

Family and friends can make moving more fun! You are probably already doing things together, like walking together, and playing games together.

Getting mom and dad, grandmother and grandfather, spouse or partner, the children, brothers and sisters together for a walk around the community can be a lot of fun. Take a few minutes and think of at least one family member or friend who can help you get started exercising and make it more fun.

You may be thinking, “I hear what you are saying and I’d like to move more, but sometimes things get in the way.”

Excuses

Excuses! Excuses!

You're not alone, we all have excuses.

- No time.
- Too cold.
- I'm not athletic.
- No babysitter.
- It hurts!
- I don't like exercise.
- My spouse won't let me go walking.
- I'm just too tired.

These are just a few excuses. Do any of these sound familiar? I know I can, I know I can!

Take a minute and think of one excuse that gets in your way of exercise.

You can write your excuse down here:

EXCUSES:

Try the same thing with these excuses. "I'm too old" and replace it with "I'm never too old to exercise." And, "I'm too tired" and replace it with "I know if I go for a walk, I'll feel better."

Don't give up! We all have things which come up, which get in the way and may cause us to stop our moving plan once or twice or even more. Just get started again and work your way back to a healthier you.

Reflections on our journey.

Let's review what we've learned today.

1. Healthy exercising means that you do it:
 - At least 30 minutes each day
 - Most days of the week
 - So that your heart beats faster
 - So that you sweat a little
 - So that you breathe harder than usual
 - So that you feel like you're working a little
 - So it is easy enough to talk to someone while moving And, very importantly
 - Make it fun!
2. Remember to do a few stretches before you exercise and a few minute cool down at the end.
3. If you haven't been active you should start out slowly, and choose a moderate intensity activity. As the activity becomes easier, you can gradually build up the time spent doing the activity.
4. Don't be afraid to try a new activity, vary them as much as you can based on your interests.
5. Exercise with a buddy. Knowing that you can ask a friend or a family member for support is helpful. You can encourage each other to stay motivated.
6. Remember to reward yourself for your efforts.



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And don't forget:

- Exercise lowers blood sugar, helps prevent or postpone diabetes, helps prevent complications of diabetes, and helps you to be strong in body and spirit.
- Exercise is a big deal! There are lots of things that count as exercise. Gardening, walking, jogging, biking, and swimming, just to name a few.
- Plan to walk 30 minutes every day and use healthy non- food rewards to keep you motivated.
- Exercise can be more fun when we include our families and friends.
- Choose the exercise that is right for you.

Personal Moving More Plan

Okay, let's now plan an exercise and choose a reward. Take a minute and think of an exercise that you'd be interested in trying.

How will you track your moving more opportunities?

This week, in order to exercise more, I plan to

Example: Walk to the post office every day.

My reward at the end of the week is

Example: To rent a favorite video.

I will ask my friend and family to help me by

Example: Walk to the post office with me.

I promise to do the best I can with my exercise and to get my family or friend to help.

This topic provided us with valuable information to enable us to make changes in our lives. It is given to us to assist us in making the Eagles' vision come true.

As we come to the close of this topic, let's close our eyes and envision ourselves starting to put into action what we have learned.

New Vision for You!

As I greet each day, I thank the Great Spirit for another day that I can take care of myself and my family and see my friends. I make each day count towards a healthier one, by including an exercise time to enjoy the beauty of Mother Earth and all that surrounds me each day. And as each day comes to a close, I once again thank the Great Spirit for a good day and all of its blessings.

Conclusion and Prayer

The Eagle, through his vision, can see us making changes in our lives that make us healthier, and our children and grandchildren healthier, too. He sees us beginning to move more and asking others to join us. Soon we are looking better and enjoying our body in movement.

Great Spirit, thank you for another day, in which I can spread my wings like the eagle, gathering wisdom and strength to make life's changes for a healthier tomorrow, through working the body and taking the time, to enjoy each other and the passing of time.

Resources:

American Diabetes Association – www.diabetes.org

Academy of Nutrition and Dietetics – www.eatright.org

Local Tribal Diabetes Program

<http://www.standingrock.org/tribalPrograms/>

http://www.mhanation.com/main2/health_care/diabetes_program.html

<http://www.ih.gov/greatplains/healthcarefacilities/spiritlake/>

<https://www.facebook.com/TurtleMountainDiabetesPrevention>

State Department of Health

http://ndhealth.gov/chronicdisease/Publications/2012_CD_Status%20Report.pdf page 35

State Extension Program – <http://www.ag.ndsu.edu/extension/>

The National Diabetes Education Program – www.niddk.nih.gov/health-information

United Tribes Technical College – <http://landgrant.uttc.edu/resources/>



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Objectives:

Lesson 2: Moving More

The learner will:

- Be able to list the three types of things that help you move more
- Understand the meaning behind healthy and safe movements
- Recognize potential barriers that interfere with you to move more
- Identify ways to incorporate everyday opportunities to move more

Program Evaluation

Title of Workshop Strong in Body and Spirit - Healthy Choices/
Lesson 2: Moving More

Presenter(s) _____ Date _____

On a scale of 1 to 5, with 1 being the least confident and 5 the most confident, please circle one per question:

Not Confident

Very Confident

Please rate how confident you feel listing the three types of exercise

1 2 3 4 5

Please rate how confident you are in understanding the meaning behind healthy and safe exercise

1 2 3 4 5

Please rate how confident you are to recognize potential barriers that interfere with exercising

1 2 3 4 5

Please rate how confident you feel to identify ways to incorporate exercise within daily life

1 2 3 4 5

Comments

What did you like about today's lesson?

Thank you! Your feedback is very important to us. .



Strong in Body and Spirit Healthy Choices UTTC Land Grant Extension



Exercise & Feet

It is very important to take good care of your feet every day, all lifelong. If you have diabetes, it is especially important. Many people with diabetes lose the feeling in their feet. If this happens, your legs and feet can hurt without you feeling it. So you need to check your feet every day. It is a really good idea to check your feet before and after exercising.

Before You Begin To Exercise!

1. Look at your feet! Check for:

- Blisters
- Cuts
- Scratches
- Ingrown toenails
- Cracks
- Dry skin
- Black spots

Tell your health care provider, immediately if you see any of the above on your feet.

2. Make sure your shoes are in good shape!
3. Check your shoes. Look inside of the shoe and on the sole of the shoe. Check for:
 - Dirt balls
 - Nails
 - Keys
 - Stones
 - Thumb tacks
4. Look at your socks, before you put them on!
 - Are they clean
 - Are they dry
 - Are there holes
 - Are there rough areas or balls of yarn or material

After Exercise!

1. Look at your feet and your shoes AGAIN!

Tell your health care provider, immediately if see any changes.

RESOURCES

American Podiatry Association - <http://www.apma.org/index.cfm>

How to find shoes that fit - <http://foothealth.about.com/od/shoessocks/ht/ShoeFit.htm>

American Diabetes Association – www.diabetes.org

Local Tribal Diabetes Program

<http://www.standingrock.org/tribalPrograms/>

http://www.mhanation.com/main2/health_care/diabetes_program.html

<http://www.ihs.gov/greatplains/healthcarefacilities/spiritlake/>

<https://www.facebook.com/TurtleMountainDiabetesPrevention>

State Department of Health

http://ndhealth.gov/chronicdisease/Publications/2012_CD_Status%20Report.pdf page 35

Learn About Diabetes – www.diabetes.about.com

The National Diabetes Education Program – www.niddk.nih.gov/health-information

United Tribes Technical College – <http://landgrant.uttc.edu/resources>

