



Fitness Plan Checklist: BEFORE You Start

Congratulations! You have decided to become more physically active and start a fitness program. When you have diabetes there are some things you need to think about before you get started with a fitness program. Take a few minutes to review these checklists. Use common sense and answer each one honestly:

Physical Activity Readiness Questionnaire - check each box that describes you:

- I have been told I have a heart condition and need to take care when I am physically active.
- I often have pain or pressure in my neck, left shoulder or arm during, or after, physical activity.
- In the last month, I have developed pain or pressure in my neck, left shoulder or arm when I was NOT physically active.
- I get dizzy, tend to lose my balance or have passed out.
- I have bone or joint problems that get worse when I am physically active.
- I take medicine for high blood pressure or a heart condition.
- I have a medical condition or physical reason that gets in the way of being physically active.
- I'm pregnant and my healthcare professional hasn't given me the okay to be physically active.
- I am over the age of 35 or I have had diabetes for more than 10 years.
- I have type 2 diabetes and am ready to start a new physical activity program.

If you checked off any of these boxes, you can still begin a fitness program. BUT FIRST you will need to get medical advice on what you should – or should not – do. Your doctor may first want to check out your heart, lungs, blood flow or bone strength. The right fitness program can bring about amazing results. You just need to be safe in your approach.

Diabetes Readiness Questionnaire - check each box that applies to you:

- I have had a dilated eye exam in the last year and have been told that it is okay for me to be physically active

- ❑ I have had my feet inspected in the last 3 - 6 months and have been told that it is okay for me to be physically active.
- ❑ I know how much my blood glucose changes when I am physically active.
- ❑ I know if I am using a diabetes medication can cause my blood glucose to go too low during or after physical activity.
- ❑ I know what to do to prevent a low blood glucose from happening when I am physically active.
- ❑ I do not have any diabetes problems or concerns that keep me from being physically active.

Did you check off each of the boxes? If you left any box **unchecked**, or if you were not sure how the statement applies to you, it would be helpful for you to get more diabetes information before you begin your fitness journey. Please see the information below for appointment options and details.

Make an Appointment

Your fitness program should be designed to match your lifestyle and to reach your desired results. The Joslin Clinic in Boston, Massachusetts offers exercise services that can help you start and stay on a fitness program that is safe for you. Ask your doctor, nurse practitioner or diabetes educator about these options:

- ❖ “Exercise Basics” lecture – call 617-732-2440 to be scheduled in this 60-minute class.
- ❖ Clinical Exercise Physiologist consult – call 617-732-2440 to schedule an individual appointment
- ❖ EasyStart Exercise Program – call 617-713-3451 for membership information