



Let your muscles join your diabetes care

Name _____ Date _____

Your practical task

Record safe movement and any symptoms for seven days.

My suitable starting activity

My time, place and support person

My glucose-safety questions

Check your understanding

Write True or False beside each statement. This is not a diagnostic test.

1. Short periods of movement can be useful. _____
2. A foot wound is a reason to walk much more. _____
3. Low glucose may happen after activity. _____

Health education for adults and families, mainly about type 2 diabetes. Do not change medicines yourself. Type 1 diabetes, pregnancy, children and complex illness need individual medical care.



Seven-day record

Record what you could do and any barriers.

Day	Active minutes	Sitting breaks	Symptoms/notes
1			
2			
3			
4			
5			
6			
7			

My review

What did I learn and what support do I need?

My next small step and review date

Answers 1. True; 2. False; 3. True

Continue structured learning

[CR-DM499 · Diabetes: A Full Explanation to a Common Man](#)

<https://learn.globalselfhealthcare.org/courses/cellureva-diabetes-remission>

Sources: [NIDDK Starting physical activity](#) · [CDC Treating low blood sugar](#)