

Move More, Feel Better

Small amounts of movement can make a big difference.

You don't have to exercise for hours.

One of the biggest myths about diabetes is that you need intense workouts to improve your health.

The truth?

Small amounts of movement, done consistently, can make a big difference.



One step
at a time.
Every step
counts.



WALK MORE



Even a 10–15 minute walk after meals can help lower blood sugar.

The best exercise is the one you'll actually do.

Every step counts.



BUILD STRENGTH



Strength training helps your muscles use blood sugar more effectively.

You don't need a gym. Resistance bands, light weights, or bodyweight exercises all count.



MOVEMENT SHOULD FIT YOUR LIFE



- Walk the dog
- Garden
- Dance
- Ride a bike
- Play with your grandchildren
- Walk with a friend

Find activities you actually enjoy.



SIT LESS



If you sit for long periods... Stand up. Stretch. Walk around for a few minutes every hour.

Every little bit adds up.



PROGRESS OVER PERFECTION



Don't compare yourself to anyone else. Start where you are. Build from there.

Consistency beats intensity every time.

Movement comes in many forms. What matters most is that you keep moving forward.



Walk



Strength



Garden



Ride



Walk Your Dog



Stay Hydrated

Karen's Corner



One of the biggest misconceptions about exercise is that it has to be hard to count. It doesn't. I'd much rather see you take a short walk most days than push yourself through a workout you dread.

The goal isn't to become an athlete—it's to find ways to move that fit into your everyday life.

— Karen

QUESTIONS FOR KAREN

- ☐ How much exercise do I really need?
- ☐ Does walking help lower blood sugar?
- ☐ What if I have bad knees or arthritis?
- ☐ When should I exercise if I take diabetes medication?
- ☐ Where should I start?



We're here to help.



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*Every step forward
is a step toward
better health.*

