

EXERCISE JOURNAL

Date	Exercise	Duration	Heart Rate/Intensity

*Regular exercise is important for everyone, especially if you have diabetes or heart disease. It helps control the amount of sugar in the blood and increases levels of HDL (good) cholesterol. It also burns excess calories and fat to help you achieve optimal weight. You don't have to spend hours at the gym or run marathons. There are many kinds of healthy physical activity, including walking, stair climbing, yard work, dancing, bowling, biking, vacuuming, swimming, washing the car, household chores. Do some type of physical activity every day. Talk to your health care provider before beginning, start slowly to avoid injury or overexertion. Start with 5 or 10 minutes and build up to 30 minutes per day. It's a great stress reliever!!! Do something you enjoy and do it with a friend or family member!

