

# Getting Active with Diabetes and Vision Loss

**Being active is one of the best things you can do for your health.** It can help lower your blood sugar, give you more energy, and keep your heart and bones strong.

## How Much Should I Do?

- Aim for **30 minutes a day, 5 days a week** (150 minutes a week).
- If that feels like too much, **start small** — even 5 to 10 minutes counts.
- Try not to go for more than **2 days in a row without moving**.

## Types of Activity

- **Moving your body (aerobic):** walking, swimming, biking, or even chair-based exercise.
- **Building strength (resistance):** lifting light weights, using resistance bands, or bodyweight moves like sit-to-stands.
- **Mix it up:** short bursts of effort with rest in between (like walking faster for 1 minute, then slower for 2 minutes).

## Tips for Exercising with Vision Loss

- **Keep it simple:** choose safe, clutter-free spaces.
- **Bring a buddy:** a guide or friend can walk or work out with you.
- **Mark your equipment:**
  - Use **yellow tape** so you can find it easily next time.
  - Add **bump dots** to flat buttons on treadmills or machines.
- **Use technology:**
  - iPhones and Apple Watches can **speak** your step count, heart rate, or time.
- **Stick with familiar places:** using the same gym space or walking route makes it easier and less stressful.

## Online Options You Can Try at Home

- **CNIB offers free online classes** (via Zoom):
  - Yoga
  - Seated fitness
  - Accessible home workouts

These are designed to be safe and fun for people with vision loss.

## Safety Reminders

- **Talk to your doctor** before starting anything new.
- Wear **good shoes** and check your feet daily.
- Always carry a **fast snack** (like glucose tablets or Life Savers®) in case of low blood sugar.
- Wear your **MedicAlert® bracelet** if you have one.

## Support Is Here for You

- **CNIB**: offers recreation programs, online fitness, and support for living well with vision loss.
- **Vision Loss Rehab Canada**: helps with mobility training, gym orientation, and daily activities. (Ask your doctor or diabetes team to fill out a referral form).

**Remember:** Any exercise can be adapted for vision loss. You can join walking clubs, diabetes support groups, or community programs with the right supports. Start small, stay safe, and celebrate your progress.

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