

Insulin keys work better when your active

Examples of Changes you may find appropriate:

Tell the client that being active can make insulin keys work better so they can try:

Following the Australian exercise guidelines:

- Do moderate exercise 30 minutes a day 5 days a week.
- Do very hard (vigorous) exercise 15 minutes a day 5 days a week.

Plus

- Add activity into their life.

Plus

- Reduce screen time on your TV, smart phone or computer.

Examples of Goals the client may find appropriate:

- Start slowly and do just a few minutes of moderate exercise a day. Walk for 5 minutes then walk back. If you can, do a bit more each day until you can do the recommended 30 minutes.
- Find a buddy to walk with.
- Join a walking group. (Organisations like the Heart Foundation will probably have a group in your area)
- Park the car 2 blocks from the shops and walk or park the car at the far end of the car park so you have to walk.
- Use a shopping basket instead of a trolley.
- Use the stairs rather than the escalator or the lift. If you use the escalator walk don't stand.
- Organise your computer so you can stand up and work.
- Do your own gardening and weeding.
- Housework is good.
- If you liked sport when you were younger, try and find a sport you can do now.
- Try and find some kids you can play with.
- Play, carry or walk with your pets.

Name:	Date:
Patient's Plan – Goals or tasks	Achievement

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