



Where Can You Do Your Exercise?

Outdoors

Exercise outdoors when the weather is appropriate. It is important to make sure that you have measured your walking route. See your options on how to measure your route below.

Indoor/Outdoor Track

- A walking track can help you measure your distance for walking/running
- You will need to know how many laps around the track is equal to a mile or kilometer

Fitness/Gym/Recreation Facility

- Your local recreation centre or local gym will have all the exercise equipment you need for your program (e.g., treadmills, stationary cycles, elliptical machines, weight machines).
- You may consider getting an annual or part-time membership to meet your needs. Your Diabetes Team can provide you with instructions on how to use these alternatives safely and provide you with appropriate exercise prescription guidelines for use with these machines
- Try to look for a Heart Wise Exercise facility



- Fitness facilities with this symbol is like a check-mark for you to know that their programs:
 - Encourage regular aerobic activity
 - Incorporate a warm-up and cool-down with all their exercise
 - Allow you to exercise at a safe level and have different options for your exercise
-

Mall

- Mall walking is a great free alternative. A variety of measured mall maps are available to you in the centre. They can also be accessed on line at:

<http://www.takechargeonline.ca/resources/alumni-exercise/walking-maps>

Home Exercise Equipment:

If you already have, or are thinking about buying a piece of home exercise equipment, speak to your Diabetes Team. They can provide you with an exercise prescription to use on exercise equipment to substitute or replace your outdoor walking program.