

# All About Physical Activity for People with Diabetes

## 關於糖尿病患者的運動

### Toolkit No. 12 健康手冊 (十二)

#### Why is physical activity important for people with diabetes?

為什麼運動對糖尿病患者來說很重要？

Here's what physical activity can do for you:

運動的好處包括：

- It lowers your blood glucose (sugar), blood pressure, and cholesterol.
- It lowers your risk for heart disease and stroke.
- It relieves stress.
- It helps insulin work better.
- It strengthens your heart, muscles, and bones.
- It improves your blood circulation and tones your muscles.
- It keeps your body and your joints flexible.
- 能降低血糖、血壓及膽固醇。
- 能降低心臟病及中風的風險。
- 能消除壓力。
- 能幫助胰島素發揮作用。
- 能增強心臟、肌肉及骨骼功能。
- 能改善血液循環和強健肌肉。
- 能讓身體和關節保持柔軟彈性。

Even if you've never exercised before, you can find ways to add physical activity to your day. You'll experience benefits even if your activities aren't strenuous. **Once physical activity is a part of your routine, you'll wonder how you did without it.**

即使您從未嘗試運動，也可以找出方法來增加每天的運動量。而且即使是不費力的運動，也能收到成效。一旦運動成為習慣，就無法想像以前不運動的日子。

#### If I haven't been very active lately, what should I do first?

如果我最近不常運動，那要怎麼開始？

Start with a checkup—your health care provider will check your heart, blood vessels, eyes, kidneys, feet, and nervous system. If the tests show signs of disease, your provider can recommend physical activities that will help you but won't make your condition worse.

首先讓醫師為您做檢查，包括心臟、血管、眼睛、腎臟、足部以及神經系統。如果檢查發現有疾病徵兆，醫師可建議有助於健康但不會惡化病情的運動。

For more information about making physical

activity a part of your routine, ask your health care team for a copy of Toolkit No. 14: *Learning How to Change Habits*.

如需讓運動成為習慣的更多資訊，請向醫護人員索取健康手冊（十四）：*學習如何改變習慣*。



Find an activity you enjoy, such as a dance aerobics class.

找到自己喜歡的運動，例如有氧舞蹈課。

## What kinds of physical activity are best?

### 什麼樣的運動才是最適合的？

A comprehensive physical activity routine includes four kinds of activities:

綜合性的運動計劃包括下列運動：

- being active throughout the day
- aerobic exercise, such as brisk walking, swimming, or dancing
- strength training, such as lifting light weights
- flexibility exercises, such as stretching
  
- 一整天都保持在活動的狀態
- 有氧運動，例如快走、游泳或跳舞

- 肌力訓練，例如舉起較輕的物品
- 柔軟運動，例如伸展操

## Being active throughout the day 一整天都保持在活動的狀態

Being active helps burn calories. Place a check mark next to the things you'd like to try:

保持活動狀態可幫助燃燒熱量。下面有幾種活動可幫助燃燒熱量，請在想嘗試的活動旁邊打勾：

- Walk instead of drive whenever possible.
- Take the stairs instead of the elevator.
- Walk around while I talk on the phone.
- Work in the garden, rake leaves, or wash the car.
- Play with the kids.
- Carry things upstairs in two trips instead of one.
- Park at the far end of the shopping center lot and walk to the store.
- Others things I can do: \_\_\_\_\_

- 盡可能以走路代替開車。
- 不搭電梯，改走樓梯。
- 講電話時四處走動。
- 整理花園、掃落葉或洗車。
- 與孩子玩耍。
- 一次可以拿完的東西，分成兩次拿上樓。
- 將車子停在購物中心停車場的最遠一端，然後走路到店裡。
- 其他活動： \_\_\_\_\_

## Aerobic exercise 有氧運動

Aerobic exercise makes your heart and bones strong, relieves stress, helps your insulin work better, and improves blood circulation. In addition, it cuts your risk for heart disease by lowering your blood glucose, blood pressure, and cholesterol levels. For most people, it's best to aim for a total of about 30 minutes a day, at least 5 days a week. If you haven't been very active recently, you can start out with 5 or 10 minutes a day and work up to more time each week. Or split up your activity for the day—try a brisk 10-minute walk after each meal. Your health care team can show you how to warm up and stretch before aerobic exercise and how to cool down afterward.

有氧運動可讓心臟和骨骼強健、消除壓力、幫助胰島素發揮作用，同時改善血液循環。除此之外，這類運動還能降低血糖、血壓及膽固醇濃度，進而減少心臟病風險。對大多數人來說，最好能以每天做大約 30 分鐘，一週至少 5 天的運動為目標。如果最近不常運動，則一開始可以每天做 5 或 10 分鐘的運動，然後再逐漸增加每週運動的時間。或將每天的運動量分成幾次完成，例如試試每餐飯後快走 10 分鐘。醫護人員會指導您如何在做有氧運動前先進行暖身和伸展動作，以及做完運動後的放鬆操。

Here are some examples of aerobic exercise:

下面是有氧運動的一些例子：

- Take a brisk walk every day.
- Go dancing or take a dance aerobics class.
- Swim or do water aerobic exercises.

- Take a bicycle ride outdoors or use a stationary bicycle indoors.
- 每天快走。
- 跳舞或參加有氧舞蹈課。
- 游泳或做水中有氧運動。
- 戶外騎腳踏車或在室內騎固定式腳踏車。

### My plan for aerobic exercise: 我的有氧運動計劃：

What I'll do: \_\_\_\_\_  
\_\_\_\_\_

What I need to get ready: \_\_\_\_\_  
\_\_\_\_\_

Which days and times: \_\_\_\_\_  
\_\_\_\_\_

How long each session will be: \_\_\_\_\_  
\_\_\_\_\_

How I'll warm up and cool down for each session: \_\_\_\_\_  
\_\_\_\_\_

我要做的運動： \_\_\_\_\_  
\_\_\_\_\_

我需要準備： \_\_\_\_\_  
\_\_\_\_\_

運動日期和時間： \_\_\_\_\_  
\_\_\_\_\_

每次運動持續的時間： \_\_\_\_\_  
\_\_\_\_\_

每次運動前後要如何暖身和放鬆： \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Strength training 肌力訓練

Strength training helps build strong bones and muscles and makes everyday chores like carrying groceries easier for you. With more muscle, you burn more calories, even at rest. Do your strengthening routine several times a week. Here are some ways to do strength training:

肌力訓練可幫助強化骨骼和肌肉，讓您可更輕鬆完成如提拿雜貨等日常家務。而且，由於增加了肌肉量，就能燃燒更多熱量，連休息時也是如此。所以不妨每週做幾次肌力運動。下面是訓練肌力的幾種方法：

- Lift light weights at home.
- Join a class to do strength training with weights, elastic bands, or plastic tubes.
- 自己在家試試舉起較輕的物品。
- 參加肌力訓練課程，包括使用舉重、拉力帶或塑膠軟管等器材。

### My plan for strength training:

我的肌力訓練計劃：

What I'll do: \_\_\_\_\_  
\_\_\_\_\_

What I need to get ready: \_\_\_\_\_  
\_\_\_\_\_

Which days and times: \_\_\_\_\_  
\_\_\_\_\_

How long each session will be: \_\_\_\_\_  
\_\_\_\_\_

我要做的運動： \_\_\_\_\_  
\_\_\_\_\_

我需要準備： \_\_\_\_\_  
\_\_\_\_\_

運動日期和時間： \_\_\_\_\_  
\_\_\_\_\_

每次運動持續的時間： \_\_\_\_\_  
\_\_\_\_\_

## Flexibility exercises 柔軟運動

Flexibility exercises, also called stretching, help keep your joints flexible and reduce your chances of injury during activities. Gentle stretching for 5 to 10 minutes helps your body warm up and get ready for aerobic activities and cool down after your activity. Your health care team can provide information on how to stretch.

柔軟運動也稱為伸展運動，可幫助關節保持柔軟彈性，減少運動傷害。在有氧運動前後做 5 到 10 分鐘的溫和伸展操，可達到暖身和放鬆的效果。醫護人員可指導您如何做伸展操。

### My plan for flexibility exercises:

我的柔軟運動計劃：

What I'll do: \_\_\_\_\_  
\_\_\_\_\_

What I need to get ready: \_\_\_\_\_  
\_\_\_\_\_

Which days and times: \_\_\_\_\_  
\_\_\_\_\_

How long each session will be: \_\_\_\_\_

\_\_\_\_\_

我要做的運動: \_\_\_\_\_

\_\_\_\_\_

我需要準備: \_\_\_\_\_

\_\_\_\_\_

運動日期和時間: \_\_\_\_\_

\_\_\_\_\_

每次運動持續的時間: \_\_\_\_\_

\_\_\_\_\_

To learn more about how to get started with a physical activity routine, ask your health care team for a copy of Toolkit No. 13: *Getting Started with Physical Activity*.

如需培養運動習慣的更多資訊，請向醫護人員索取健康手冊(十三): *開始做運動*。



American Diabetes Association 1-800-DIABETES  
(342-2383) [www.diabetes.org](http://www.diabetes.org)

©2004 by the American Diabetes Association, Inc. 03/04