1

ᑫᑐᑕᒪᐣ ᒋᓇᔑᐸᓂᐧᑕᔭᐣ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ

ᑫᑐᑕᒪᐣ ᐁᑲ ᑭᒋ ᐊᑯᐃᑎᓱᔭᐣ

• ᑭᔕᐡᐱᐣ ᐁᑲ ᐁᐅᒋ ᐊᔭᒋᔭᐣ ᔕᔑᐱᔭᐣ
ᐊᔭᒥ ᐣᑐᑯᓄᐣ ᐧᐸᒪᔑ ᐊᑎ ᒪᒋᑕᔭᐣ ᓀᐢᑕ
ᒪᒥᔕᒣᐣᑕᒥᐃᑫᔭᐣ᙮

• ᐱᒪᑕᐧᐃ ᒪᐢᑭᓯᓇ ᑐᐧᐊ ᑭᒋ ᑌᓂᐢᑲᒪᐣ ᑭᐢᑲ ᐅᒪ ᐁᐧᐃᑐᑕᒪᐣ ᐁ ᐸᐸᒧᑌᔭᐣ ᓀᐢᑕ
ᐁᐣᐱᐸᑕᔑᔭᐣ᙮

• ᑭᐢᑲ ᑲ ᐃᔑ ᒪᓯᓇᑌᑭ MedicAlert®
ᑭᑎᑕᐱᐢᓀᐧᐃᓇ ᓀᐢᑕ ᐣᑐᑯᓄᓇ ᑲ ᐅᑎᓇᒪᐣ ᑭᐢᐱᑐᓂᐠ ᐱᓯᒧᑲᓀᔭᐱᐠ ᑲ ᐃᔑᓇᐧᑲᐠ᙮

• ᓇᓇᑐᒪᒋᐅᐣ ᑭᔭᐧᐃᐠ, ᐧᐃᐸᐨ ᐧᐃᑕᒪᐤ
ᐣᑐᑯᓄᐣ ᐁ ᒐᐧᑲᑕᒧᔭᐣ ᓀᐢᑕ
ᐁᑌᐧᐊᐢᑭᑲᓀᔭᐣ᙮

• ᓇᓇᑲᒋᑲ ᑲ ᐃᐢᐸᓂᐠ ᑭᔓᑲᑦ ᐧᐸᒪᔑ, ᒣᐧᑲᐨ
ᓀᐢᑕ ᑭᐡᐧᑲ ᐸᐸᒧᑌᔭᐣ, ᔕᔑᐱᔭᐣ ᑕᓀᐢᐸᓂᐠ ᑭᔓᑲᐧᐃᒥᑯ᙮

• ᐸᑎᒪ ᐱᑯ ᐧᐃᒋᐃᑯᔭᓀ ᑫᐧᑲᐣ ᑭᔓᑲᐧᐊᐢᐱᓀᐧᐃᓂᐠ ᑲ ᐃᑕᒋᑫᔭᐣ ᓀᐢᑕ ᐁᑲ ᓇᑭᓂᑲᑌᑫ ᒋᐢᑕᐃᑲᓇᐳᔾ, ᑭᒋ ᑲᓇᐧᐁᓂᒋᑲᑌᑭ ᑲᔑᐧᐊᑭ ᑫᐧᑲᓇ ᑫ ᑭ
ᐅᑎᓂᑲᑌᑭ ᐧᐁᓴ ᔓᑲᐤ ᓇᔑᐸᓂᑫ᙮ ᑕᐱᐡᑯᐨ ᐣᑯᑐᓄᓇ ᑲᔓᑲᐧᐊᑭ ᓀᐢᑕ ᐱᑯ ᓯᐧᐃᑎᓴ᙮

ᑭᐢᑌᓂᑕᐧᑲᐣ ᑭᒋ ᐸᐸᒧᑌᔭᐣ ᓀᐢᑕ ᔕᔑᐱᔭᐣ ᐁ ᔓᑲᐧᐊᑲᒥᐧᑫᔭᐣ ᐅᒋ᙮

ᑫᐧᑲᐣ ᐧᐁᒋ ᑭᐢᑌᓂᑕᐧᑲᐠ ᑭᒋ ᐸᐸᒧᑌᔭᐣ, ᔕᔑᐱᔭᐣ ᓀᐢᑕ ᑯᑕᑭᔭ ᑫᐧᑲᓇ ᑭᒋ ᑐᑕᒪᐣ?

ᐊᓂᒪ ᐁᑐᑕᒪᐣ ᑲᑎ ᓇᔑᐸᓂᐣ ᑲ ᐃᐢᐱᑎᓂᑯᑎᔭᐣ, ᑲ ᒪᐡᑲᐧᐃᑲᓇᐣ, ᑲᒪᒥᓄᐸᓂᐤ ᑭᔓᑲᑦ, ᑭᑌᐃ ᑲ ᒥᓄᐸᓂᐤ, ᑲᐣᓱᕐ ᓀᐢᑕ ᑲ ᐅᒋ ᑭᐱᒋᑕᐣ ᐁᒥᐧᓄᓂᒧᒪᑲᐣ ᑭᔭᐤ, ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ (Type 2 diabetes) ᑭᒥᓄᐸᓂᐃᑎᓱᐤ ᐁᐸᐸᒧᑌᔭᐣ, ᐁᔕᔑᐱᔭᐣ ᑲ ᐅᒋᐸᓂᐠ ᐅᒪᐡᑫᐠ ᒥᑯ ᑭ ᒥᓄᐸᓂᐧᑕᐣ ᓀᐢᑕ ᑲ ᐊᐃᐢᐸᓂᐠ ᑭᔓᑲᑦ ᑭᒥᑯᐠ᙮

ᑫᑯ ᒪᑲ ᔕᔑᐱᐧᐃᐣ ᒪᐧᐊᐨ ᒥᐧᓇᔑᐠ?

ᐁ ᐸᐸᒧᑌᔭᐣ ᐁᑲᑭᔑᐸᓂᐅᔭᐣ (Aerobic exercises) ᐱᐣᐸᑕᔭᐣ, ᐁᐊᐧᑲᔑᒧᔭᐣ, ᐁ ᓂᒥᔭᐣ, ᐁᐸᒪᐢᐧᑫᐸᐃᑫᔭᐣ, ᐊᓴᒪᐣ ᐁ ᓂᔕᑕᐃᔭᐣ ᐧᐊᒋᐣ, ᑭᑌᐃᐠ, ᑭᐅᐸᓂᐠ ᓀᐢᑕ ᓀᓀᐧᐃᐣ ᐸᒧᑌᒪᑲᐣ ᑭᑌᐢᑕᑎᔭᐱᐠ᙮

ᐁᑲᐧᑫᒋᔭᐣ (Resistance exercises) ᑭᒪᐡᑲᐧᐃᑕᐣ ᑭᑌᐃ ᓀᐢᑕ ᑭᑌᐢᑕᑎᔭᐱᔭ ᐁᔕᔑᐱᔭᐣ ᐅᒋ, ᑯᑕᐠ ᒪᑲ ᑫᐧᑲᐣ ᐁᐧᐃᑐᑕᒪᐣ ᑲ ᐃᐢᐸᑭᑌᑭ ᔕᔑᐱᐧᐃᓇ ᑲᐡᑭᐅᐟ ᐅᒪ ᐁᐃᔑ ᑭᐢᑭᓄᐊᒪᑫᐟ ᐣᑕᐧᐊᑦ᙮

ᑫᓀᓂᑯᐠ ᒪᑲ ᐅᒪ ᑫᑐᑕᒪᐸᐣ?

ᐧᐊᔦᐡ 150 ᒥᓂᑯᔑᐡ ᒪᒪᐤ ᐅᑕ ᑲᑐᑌᑕᔾ, ᐯᑲᐨ ᐱᑯ ᒋᑐᑕᒪᐣ, (30 ᒥᓂᑯᔑᐡ, ᓂᔭᓇᐣ ᑭᔑᑲᐤ ᐯᔭᑯᑕᐧᐊᐢᑌᐤ)᙮

ᐯᑲᐨ ᐱᑯ ᑐᑕ, ᓇᔭᓇᐣ 5 ᓀᐢᑕ ᐱᑯ ᒥᑕᑕᐟ 10 ᒥᓂᑯᔑᐡ ᐯᔭᑯ ᑭᔑᑲᐤ ᐁᓂᑯᐠ, ᓇᐧᐊᐨ ᒪᑲ ᐊᑎᑭᑐᑌ ᐁᓂᑯᐠ ᑲ ᐃᑌᓂᑕᒪᐣ ᒋᑭ ᑫᑐᑕᒪᐣ, ᑲᒐᐧᑲᐱᑫᑕᓂᐧᐊᑭ ᐁ ᔕᔑᐱᓇᓂᐧᐊᐠ ᒪᐧᐊᐨ ᒥᐧᓇᔑᐧᓇ 10 ᒥᓂᑯᔑᐡ ᐃᐢᐱᐨ ᐧᐃᓇ ᑯᑕᑭᔭ ᐁᐧᑲᓂ ᐯᔭᐧᑲᐣ ᐁᔑ ᒥᓄᑐᑕᑯᔭᐣ᙮

ᐁᑎᐱ ᑲᐢᑭᑕᔭᐣ ᒪᑲ ᐊᑎ ᑭᑐᑌ ᐱᑯ ᐊᒋᑫᐣ ᑲᐃᐡᐸᑭ ᔕᔑᐱᐧᐃᓇ ᑕᐱᐡᑯᐨ ᐁᐧᑲᐧᑫᒋᓇᓂᐧᐊᐠ ᑐᐧᐊ᙮

ᐯᑲᐨ ᐱᑯ ᐊᐃᑐᑕ᙮ ᑲᒐᐧᑲᐱᑫᔭᑭ, ᐸᐸᒧᑌᐧᐃᓇ

ᓂᔭᓇᐣ 5, ᒥᑕᑕᐟ 10 ᒥᓂᑯᔑᐡ᙮

2

ᑫᑐᑕᒪᐣ ᒋᓇᔑᐸᓂᐧᑕᔭᐣ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ

ᐊᑎᓇᑭᓇ ᑲᑐᑕᒪᐣ ᔕᔑᐱᐧᐃᓂᐠ,
ᐸᐸᒧᑌᐧᐃᓂᐠ ᓀᐢᑕ ᒥᓯᐧᐁ ᐃᑌᑫ

• ᑕᔑᓀ ᑲᐧᑫᑐᑕ ᐯᔭᐧᑲᓂᐠ ᑫ ᐃᔑ ᔕᔑᐱᔭᐣ
ᓀᐢᑕ ᐸᐸᒧᑌᔭᐣ ᒣᐧᑲᐨ ᑭᔑᐠ᙮

• ᑕᑐ ᑭᔑᑲᐤ ᐅᒪ ᑲᐧᑫᑐᑕ ᑭᒋ ᐸᐸᒧᑌᔭᐣ
ᓀᐢᑕ ᔕᔑᐱᔭᐣ ᐁᐢᑲᓂ ᑕᐧᐊᐢᑌᐤ᙮

• ᑲᐧᑫ ᐸᐸᒧᑌ ᐁᔑ ᑲᐡᑭᑕᔭᐣ ᐁᐢᐱᐨ ᐧᐃᓇ
ᐅᒐᐸᓂᐡ ᐁ ᐊᐸᒋᑕᔭᐣ᙮

• ᐯᐯᑲᐨ ᐱᑯ ᑐᑕ ᐅᐡᑲᐨ ᐊᑎ ᓇᑭᑕ ᒪᑲ ᐁ
ᐊᑎ ᓇᐃᔭᐣ, ᐯᑲᐨ ᐱᑕᒪ ᐸᐸᒧᑌ ᑭᐡᐧᑲ ᒪᑲ ᐱᐣᐸᒐᔑ᙮
• ᑭᐯᔭᑯᑌᐧᐃᓯᐧᐃᓂᐠ ᐊᔑᒋᓇᐧᐃ ᑫᐧᑲᐣ
ᐁᑐᒋᑲᑌᐠ, ᐁ ᑲᐸᔑᒧᔭᐣ, ᐁ ᐸᒪᑕᐃᔭᐣ,
ᐃᐢᐱᐨ ᐧᐃᓇ ᑎᑊᐱ ᐁᑲᓇᐧᐊᐸᑕᒪᐣ ᓀᐢᑕ
ᐱᑯ ᒐᑲᐢᑌᐸᓂᒋᑲᐣ᙮

• ᑯᑕᑭᔭ ᑫᐧᑲᓇ ᓄᒋᑕ, ᐁᑭᐢᑭᓄᐊᒪᓱᔭᐣ ᑭᒋ
ᓂᑕ ᓂᒥᔭᐣ, ᑌᐊᐣ ᑲ ᐱᒋᐧᐁᐱᓂᐟ
ᐸᐢᑭᑎᐠ, ᑭᓂᐧᑲᓂᐧᐁᐱᐢᑭᑫ᙮
• ᒧᒋᑫᓂᑕ ᐁᑭ ᒥᐢᑲᒪᐣ ᑫᑐᑕᒪᐣ ᑭᒋ
ᓇᔑᐸᓂᐧᑕᔭᐣ ᑭ ᔓᑲᐧᐊᑲᒥᐧᑫᐧᐃᐣ᙮

ᑫᓂᑯᐠ ᐱᑯ ᐊᐃᑐᑕ!

ᑲᑭ ᐊᒋᑕᐣ ᑫᐧᑲᓇ ᑲᔭᐡ ᑲᑭ ᐯᒋᑐᑕᒪᐣ, ᐊᑎ ᑭᑐᑌ ᒪᑲ ᐱᑯ ᑭᒋ ᒥᐧᓄᓂᑕᒥᐃᑎᓱᔭᐣ ᑫᐧᑲᓇ ᐁ ᓄᒋᑕᔭᐣ, ᐁᑐᑕᒪᐣ:

• ᓄᒋᑕ ᑫᐧᑲᐣ ᑲ ᑭᔑᔑᐧᐁᓂᑕᒪᐣ, ᒧᓇ ᓴᐯᓇᑕᐧᑲᐣ ᑫᐧᑲᐣ ᐁᑲ ᐁ ᑭᔑᔑᐧᐁᓂᑕᒪᐣ, ᑲᐧᑫᒋᑕ ᐱᑯ ᑫ ᐃᑌᓂᑕᒧᐧᐊᓀ᙮

• ᐧᐊᐧᐃᒉᐧᐃᐠ ᐊᐧᐁᓂᑲᓇᐠ ᑫᐧᐊᐧᐃᒋᐃᐢᑭᐠ ᐅᑌ ᐃᑌᑫ, ᑭᐯᔭᑯᑌᐧᐃᓯᐧᐃᓂᐠ, ᑭᑐᑌᒪᐠ, ᑲᐧᐃᒋ ᐊᐸᑎᓯᒪᒋᐠ ᑭᒋ ᑭᔑᔕᐧᐁᓂᑕᒪᐣ ᐅᒪ ᐁᑐᑕᒪᐣ᙮

• ᐊᔭᐱᔕᔑᑕ ᑫᐧᑲᓇ ᑫ ᓄᓱᓀᐊᒪᐣ ᐧᐃᐸᐨ ᑭᒋ ᐊᑎ ᑭᔑᑕᔭᐣ ᑲᐧᐃᑐᑕᒪᐣ ᐁᑯ ᒪᑲ ᐊᑎ ᒥᐧᓄᓂᑕᒥᐃᑎᓱ ᐁᑲ ᑲᐡᑭᑕᔭᐣ᙮

• ᐊᔭᒥᐃᐠ ᑭᑐᑌᒪᐠ, ᐅᒣᓂᐤ ᑐᐧᐃ ᔕᔑᐱᐧᐃᓇ ᑲ ᐊᐃᑐᑕᑭᐠ ᓀᐢᑕ
ᐧᐃᓇᐧᐊᐤ, ᑲᐧᑫᒋᒥᐠ ᑕᐣᑌ ᑲ ᐅᒋ ᒪᒋᑕᒋᐠ ᐅᒪ ᐁᑐᑕᑭᐠ ᐁ ᐸᐸᒧᑌᒋᐠ
ᓀᐢᑕ ᐱᑯ ᔕᔑᐱᒋᐠ᙮

• ᐧᔕᐱᑯ ᐅᐡᑲᑭᓯᓇ ᑲ ᐸᐸᒧᑌᐧᐊᑲᓂᐧᐊᑭ ᑐᐧᐊ᙮

• ᓂᐱᑌᓯᓇᐊ ᑫᐧᑲᓇ ᐅᒪ ᐁᓴᓯᐯᓂᑕᒪᐣ ᐁᑐᑕᒪᐣ ᑭᐱᒪᑎᓯᐧᐃᓂᐠ᙮

ᑲᐧᑫᑐᑕᑭ ᑕᔑᓀ ᐅᒪ ᑭᒋᑐᑕᒪᐣ ᑭᒋ ᐅᑕᒥᐃᑎᓱᔭᐣ!

ᑲᐧᑫ ᑭᐡᐳᓇᑕ ᐅᒪ ᓀᐢᑕ ᒐᑭᐧᐁᐸᐊ ᑫᐧᑲᓇ ᑲᐊᐃᑐᑕᒪᐣ, ᑭᒋ ᐅᒪ ᒪᒋᑕᔭᐣ ᔕᔑᐱᐧᐃᐣ ᐁ ᓄᒋᑕᔭᐣ᙮ ᐊᑎ ᓇᑭᑕ ᒪᑲ ᐁ ᐸᐸᒧᑌᔭᐣ ᐊᑎ ᑭᐧᓇᐱᑫᑕ ᓂᐢᑐᒥᑕᓇ ᒥᓂᑯᔑᐡᐁ ᑕᑐ ᑭᔑᑲᐤ᙮ ᐃᑕᐧᑲᐣ ᐅᑕ ᒪᐧᐊᑐᓯᓇᐃᑲᐣ ᓀᐢᑕ

“Managing Your Fitness” ᒐᑲᐢᑌᐸᓂᒋᑲᐣ᙮

ᐁ ᐊᔭᒥᐁᑭᔑᑲᐠ ᐁ ᐅᐡᑭᑭᔑᑲᐠ ᐁ ᓂᔓ ᑭᔑᑲᐠ ᐁ ᐊᐱᑕᐧᐊᐠ ᐁ ᓀᐅ ᑭᔑᑲᐠ ᒋᐸᔭᑎᑯᑭᔑᑲᐤ ᒪᑎᓇᐧᐁᑭᔑᑲᐤ

ᑭᐢᑭᓄᐧᐊᑕᓯᓇᐃᑫᐧᐃᐣ ᐁ ᑭᔐᐸᐅᑌᔭᐣ ᐁᑭᐡᐧᑲ ᐊᐱᑕᑭᔑᑲᐠ
ᓂᐸᐸᒧᑕᐣ

ᐣᑭᐧᐃᒋ
ᐸᒪᐢᐧᑫᐸᐃᑲᓇᐣ
ᓇᐯᔑᔕᐠ

ᐣᑭᓂᐧᐊᓇᐧᐁᐱᐢᑭᑲᐣ
ᒪᓯᓇᐃᑲᐧᐃᑲᒥᑯᐠ
ᒧᓇ ᐣᑐᒋ ᐊᐸᒋᑕᐣ
ᐅᒐᐸᓂᐡ

ᐣᑭ
ᑲᐸᔑᒧᓇᐣ

ᐣᑭᔓᐢᐧᑫᐱᓇᑲᓇᐣ ᑭᒪᐧᐊᑐᐧᐁᐸᐁᐣ
ᓂᐱᔕ

1 ᐯᔭᑯᑕᐧᐊᐢᑌᐤ

2 ᓂᔓ ᑕᐧᐊᐢᑌᐤ

3 ᓂᐢᑐ ᑕᐧᐊᐢᑌᐤ

ᐁᐧᑲᓂ ᐁ ᑭᔑᑕᔭᐣ ᑲᑭ ᐃᔑ ᐣᑕᐧᐁᓂᑕᒪᐣ ᑭᒋ ᓄᒋᑕᔭᐣ ᑫᐧᑲᓇ ᐧᐊᔦᐡ 150 ᒥᓂᑯᔑᐡ ᐁᑲ ᓱᑭ ᒥᐢᑕᐃ ᐁᑐᑕᒪᐣ ᓂᔑᑲᐨ ᒪᑲ ᐁ ᐊᑎ ᐅᑎᓇᒪᐣ ᑲᑎ ᓱᑫᓂᑕᐧᑲᑭ ᔕᔑᐱᐧᐃᓇ ᓀᐢᑕ ᐸᐸᒧᑌᐧᐃᓇ (ᓂᐢᑐᒥᑕᓇ ᒥᓂᑯᔑᐡ 30 ᓂᔭᓇᓄ ᑭᔑᑲᐤ 5 ᐯᔭᑯ ᑕᐧᐊᐢᑌᐤ)᙮

Content taken from the Canadian Diabetes
Association’s consumer fact sheet,
Physical Activity and Diabetes.

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