Physical Activity vs. Exercise: What’s the Difference?

There are benefits to moving your body every day and every movement counts. Regular physical activity can help to lower blood sugar levels, decrease blood pressure, and help you get to a healthy weight. Physical activity refers to any body movement that burns calories, such as climbing the stairs, doing housework, or raking leaves in your yard. Exercise is a more structured form of physical activity that involves a series of repetitive movements designed to improve your cardiovascular fitness.

Physical activity counts

The key to staying physically active is making it convenient. If you work full time or have a busy life, try incorporating physical activity into your day. Try a quick walk with your dog in the morning, or walking up to the coffee stand instead of using the drive through. At work, take a walk around your building once or twice a day to get in some activity.

Choose activities you enjoy

If you don’t like it, chances are you won’t do it. It’s important to choose an activity or exercise that you enjoy—perhaps something you used to do and stopped for whatever reason. Here are a few ideas:

- Solo: If you prefer to go it alone, you can enjoy walking, hiking, or bicycling.
- With a friend: Have someone you enjoy spending time with? Try golfing, tennis, or Frisbee.
- A team: Remember the days of soccer teams and softball games? Look for employer-sponsored or community teams. Getting together with a group of people can be very motivating and fun!

Continued inside.
A class: Curious about trying something new? There are so many classes to choose from—consider aerobics, Jazzercise, yoga, or Tai chi. Check with your local YMCA or community programs.

Create a personal fitness plan
It can be challenging to stick with any fitness plan. Here are some tips that will help you stay on track.

• If you can start walking five minutes a day, start there! Remember, any movement counts!
• Get motivated. Why do you want to do this? Are you looking to lower your blood glucose, or have you always wanted to walk a 5K? If what you are doing is important to you, you have a higher chance of being successful.
• Plan your routine. Will you get up early in the morning, or take time after work for your activity? Plan for time to get ready, warm-up, complete your activity, and cool down.

Don’t look too far ahead. What can you do today? The adage “one day at a time” may be a good motto for someone starting out. Take each day and incorporate physical activity into it. Movement will get easier and more enjoyable.

Practice positive self-talk. Become aware of what you’re saying to yourself. Positive self-talk can increase your energy, motivation, and attitude, while negative self-talk is critical and can produce anxiety. Be kind to yourself and appreciate your willingness to try new things.

Try breaking down your activity or exercise into smaller chunks. If your goal is 15 minutes a day, consider taking a few five-minutes walks throughout your day.

Is walking really exercise?
We hear all the time that walking is great exercise, but it’s just walking, right? Actually, there are many benefits to starting a walking program. Here are just a few.

• It’s free, and you can walk just about anywhere.
• When you walk, your muscles use more glucose and this can help lower your blood sugars.
• Walking can help reduce your risk for osteoporosis. This type of weight bearing exercise helps to keep your bones strong.
• When you exercise, endorphins are released by your brain, which can help relieve pain and improve your mood.
• Walking can help relieve symptoms of depression and improve your sleep.

Feeling inspired and ready to make some positive changes in your life? Try the ten-week walking plan below.

The Bottom Line
Whether you choose a structured exercise or more casual ways of adding movement to your day, every little bit counts. Find what works for you, and reap the healthy benefits!

Ten-week Walking Plan
This ten-week walking plan was designed to guide you safely to a healthier you. Before you start this walking plan, you may need to talk with your doctor.

<table>
<thead>
<tr>
<th>Week</th>
<th>Walking Schedule</th>
<th>Weekly Total (time x days a week)</th>
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<tr>
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<td>7 and 8</td>
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<td>120 minutes</td>
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<td>9 and 10</td>
<td>30 minutes, 5 days</td>
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Courtesy of Mayo Clinic, The Essential Diabetes Guide
Member Corner

Let’s Try This for a Year...

Over nine months ago after a visit with her doctor, Susan found herself facing a choice. She hadn’t been feeling like herself and knew something was wrong. When she received the diagnosis of diabetes, it really hit home with her. Diabetes was something she was all too familiar with. Many of the women in Susan’s family had faced a similar diagnosis, and she had memories of growing up with people that were affected by this disease.

“I was willing to make changes in my life for a year, and if I saw results, then I told myself I would stick with it,” says Susan.

She enrolled in our Condition Support program and started working with a nurse. Today, with hard work and determination, Susan has lost over 50 pounds, changed her diet to eliminate gluten and sugar, increased her exercise, and was even able to stop taking her blood pressure medication. The benefits? Susan reports that she feels great, sleeps better, is cooking healthier recipes for her family, and enjoying her new life.

“What makes Susan so enjoyable to work with is that she is confident, witty, intelligent, and so strong. She set goals for herself and then blew them away!” Susan’s Health Coach states. “She decided to make changes in her life for herself and made that happen. She is an inspiration to us all.”

“I was willing to make changes in my life for a year, and if I saw results, then I told myself I would stick with it.”

– Susan, program participant

Watch Out for Your Eyes!

Diabetic eye disease, or diabetic retinopathy, is a condition in which the tiny blood vessels that nourish the eye become damaged as a result of high or uncontrolled blood sugars. Over time, this can lead to vision loss. Most people do not have symptoms of this condition until there is already damage to the eye. If you are experiencing any of these symptoms, have a conversation with your doctor.

• Seeing spots or floaters in your field of vision
• Blurred vision
• Having a dark or empty spot in the center of your vision
• Difficulty seeing well at night.

Yearly dilated eye exams are an important part of your diabetes management plan and can help prevent future complications. According to the American Diabetes Association, 4.2 million people with diabetes over the age of 40 in the United States have diabetic retinopathy. If you would like to talk with one of our nurses or health coaches about managing your diabetes, please contact us at (888) 987-5805 or email yoursupport@pacificsource.com.

The Truth about Vitamin D and the Sun

It is true that your body can make Vitamin D from sunshine. But is it enough? About 40 to 75 percent of people in the United States have low vitamin D levels. Here are some ways you can get more vitamin D:

• Get about 30 minutes of exposure to the sun a day.
• Choose foods that have been fortified with Vitamin D.
• Take a supplement. Talk with your healthcare provider about what kind and the dosage.
Perfect Salmon Every Time

Serves 4

Ingredients
Spice rub:
- Zest of 1 lemon
- 2 teaspoons sea salt
- ½ teaspoon coarsely ground pepper
- 1 ½ teaspoons dried dill
- 1 teaspoon paprika
- 1 Tablespoon canola oil

Four boneless, skinless, six-ounce salmon fillets (1 to 1 ¼ inch at thickest part)

Instructions
1. Mix the lemon zest with spices listed above to create a rub.
2. Place 2 tablespoons of canola oil in a large sauté pan and heat on med/high heat.
3. Rub one side of the salmon with rub. Place salmon seasoned side down in pan and cook for 2 minutes.
4. While cooking, sprinkle the top of salmon with rest of rub.
5. After the 2 minutes, turn salmon over and cover with lid.
6. Remove from heat and let sit for 10 minutes.

Enjoy with your favorite vegetable dish!

Nutrition Facts
Serving Size: 4 ounce fillet
Servings: 4

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*Percent Daily Values are based on a 2,000 calorie diet.

Adapted from Prevention magazine.