

Useful Addresses:

Ladies only:

GYMO PHOBES Tel: 01244 375209

CURVES Tel: 01948 666332

School Fitness Suits:

BISHOP HEBER HIGH SCHOOL

To open Fitness Suite soon

SIR JOHN TALBOT'S HIGH SCHOOL

Tel: 01948 660660

Private Gyms:

OLD HALL, Huntington Tel: 01244 311593

CARDEN PARK, Broxton Tel: 01829 731000

TOTAL FITNESS, Wrexham Tel: 01978 346400

Swimming Baths:

WHITCHURCH Tel: 01948 662187

WREXHAM Tel: 01978 297300



Laurel Bank Surgery
Malpas
Cheshire SY14 8PS

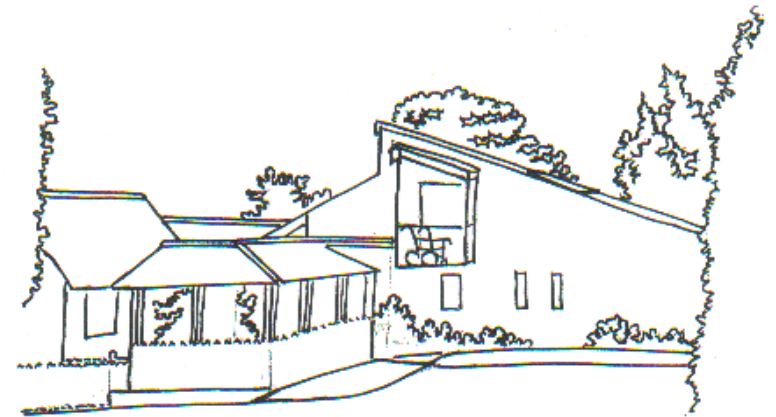


Phone: 01948 860205
Fax: 01948 860142

INFORMATION FOR PATIENTS

DIABETES

**LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS**



EXERCISE



Tel: 01948 860205

Fax: 01948 860142



How Can Exercise Help My Diabetes?

It is important that all diabetics do regular exercise, not just those who are overweight.

Why exercise?

1. Exercise aids digestion which will help the glucose get into the muscle cells and give you energy.
2. It will help you loose weight by burning off excess carbohydrates i.e. fat.
3. It will improve your circulation and therefore reduce your blood pressure.
4. It will lower your cholesterol (by improving your digestion and circulation) and stop it from settling in the blood vessels.

How should I start?

Start by doing a little more than usual every day. Pick a manageable circular route around your home and time how long it takes you to do it. Each day see if you can manage to do the circuit a little bit faster.



What Exercises Should I Do?

When you manage to complete your circuit more quickly, you will begin to feel fitter and you will start to loose weight.

- ♦ Walk briskly
- ♦ Do gardening and house work at a quicker pace

Where should I start?

Think about joining a fitness club. Some local ones are listed on the back page. You could go with a friend!

What should I do?

Exercise is any physical activity that increases your heart rate, respiration rate and exerts your muscles.

When should I do it?

Daily exercise is preferable, but exercise taken at least three times a week will produce benefits.