MedicAlert®

The MedicAlert® program is a way to alert others of your medical conditions in case of an emergency. It is important to wear a MedicAlert bracelet or necklace with your medical information on it. This can help emergency responders and others to know about your health conditions and necessary treatments.

- **Type 2 diabetes**
  - **Aerobic exercises**
  - **Resistance exercises**

**Physical Activity Guidelines**

- **Aerobic exercises**
  - 150 minutes of moderate-intensity aerobic activity per week
  - Or 75 minutes of vigorous-intensity aerobic activity per week

**Resistance exercises**

- 2 days per week
- At least 60 minutes per session

**Blood Glucose Levels**

- **Type 2 diabetes**
  - Normal fasting blood glucose level: 4.5 to 6.0 mmol/L
  - Normal 2-hour postprandial blood glucose level: 7.8 mmol/L or below

**Blood Pressure**

- Normal blood pressure: 120/80 mmHg or lower

**Hypertension**

- Blood pressure 140/90 mmHg or higher

**Diabetes Education**

- **Aerobic exercises**
  - Walking, swimming, cycling
  - At least 30 minutes per day

**Blood Pressure Monitoring**

- Regular monitoring of blood pressure
- Adjustments as needed

**Nutrition**

- **Type 2 diabetes**
  - Regular meals and snacks
  - Limited sugar intake

**Medication**

- **Type 2 diabetes**
  - As prescribed by healthcare provider
  - Regularly taking medication

**Health Care**

- Regular check-ups with healthcare provider
- Regular monitoring of blood glucose and blood pressure
Managing Your Fitness

1. **Vigorous Activity**: 30 minutes per day
2. **Moderate Activity**: 60 minutes per day
3. **Light Activity**: 150 minutes per week

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