

Exercise

You indicated that in a normal week you exercise less than 5 days for 30 minutes or more.



You indicated that you exercise less than 2.5 hours (i.e. 150 minutes) in a normal week.



BMI

Your BMI is calculated **27,7**



Motivation

Rate your motivation to change your exercise with a 7 (between 1-10)

You indicated that you would like to discuss your exercise with a lifestyle adviser

Diagnosis

Your preliminary diagnosis is: “diabetic feet”

Advice

You are eligible for an exercise referral. A lifestyle advisor will discuss your exercise advice further with you.

In short: you should exercise more per week. We recommend light intensive activities because of the diagnosis of ‘diabetic feet’.

The advantages of exercising more in diabetic feet are:

- Your foot muscles will become stronger and your weight will decrease, which will put less strain on your feet
- Your gait and blood flow will improve.
- You get more flexible muscles, which has a positive effect on your feet and other joints
- You are less likely to get foot injuries
- You will have better carbohydrate absorption by improving insulin sensitivity
- Strong muscles provide more support, which can reduce pain

A lifestyle adviser can further discuss suitable exercise activities with you.

Always use common sense when exercising. If you doubt about the advice, consult your doctor.

