

Exercise

Learning Objective	Behavior	Learning Method and Materials
1. Discuss at least seven benefits of exercise.	1.	1. Written material, "Exercise" and class discussion.
2. Talk with your provider about the right exercise for you before starting an exercise program.	2. Talk to your provider about the right exercise program for you. Select an exercise you can start to do.	2. Written material, "Exercise" and class discussion.
3. Discuss the seven things you need before you exercise,	3. Select appropriate clothing and foot wear and have the other items before you exercise.	3. Written material, "Exercise" and class discussion.
4. Discuss how to exercise safely and the symptoms you should report to your provider.	4. Follow the guidelines for safe exercise and report any of the symptoms listed to your provider if you experience them.	4. Written material, "Exercise" and class discussion.
5. Discuss the importance of checking your blood sugar before exercising, when it is safe to exercise and what to do if your blood sugar is high or low.	5. Check blood sugars before exercise and exercise if your blood sugar is 120 to 250 mg/dl. If not, follow the recommendations.	5. Written material, "Exercise" and class discussion.
6. Review the ways to prevent low blood sugar when exercising.	6. Exercise safely.	6. Written material, "Exercise" and class discussion.
7. Talk about strategies to be more active every day.	7. Include ways to be more active in your daily activities.	7. Written material, "Exercise" and class discussion.
8. Review the precautions to take when exercising if you take insulin.	8. Safely exercise if you take insulin.	8. Written material, "Exercise" and class discussion.
9. Choose an exercise to do.	9. Complete the "My Exercise Plan" and start to exercise.	9. Written material, "My Exercise Worksheet".