**5 Top Exercises For Diabetics**

Suffering from type 2 Diabetes takes a toll on your body. Most people who have to deal with tise condition find it hard to keep their weight at a healthy level. While it is very important to watch what you are eating, getting regular exercise makes weight management easier.

However, with a condition like diabetes, not all types of exercise are a good idea. Below you’ll find five workout options that can help you shed the pounds and keep them off:

**Free and Easy - Try Walking**

The easiest and cheapest exercise option is walking. It takes no expensive. All you truly need is a bit of time and a good pair of shoes.

If you’re close enough – walk to and from work. Walking for 150 minutes each week can do wonders for the body - especially for people suffering from diabetes. That is only two and a half hours and can be broken up daily. Walk for half an hour five times a week and you’ll be done.

**The Ancient Art of Tai Chi**

Not a lot of people are aware of the benefits of Tai Chi. Most often than not, people associate it with karate or taekwondo. However, this ancient Chinese form of exercise is a great means for physical activity especially for those who are limited by Type 3 diabetes.

The slow and relaxed movements can reduce stress, which in turn can lower cortisol levels. It can regulate blood sugar and reduce nerve damage as well.

**Weight Training**

Weight training and diabetes seems to be an unlikely pairing. However, building muscle mass is important in regulating your blood sugar. Start slow.

For the full effect, make resistance and weight training part of your exercise plan. Alternate it with less strenuous activities like walking and Tai Chi and you’ve got yourself a fitness regiment that will keep you healthy for years.

**Slow and Steady With Yoga**

Similar to Tai Chi, Yoga is a type of exercise that does more than tone and sculpt your body. Aside from obvious weight loss benefits, yoga manages the effects of stress.

Stress tends to increase cortisol, which spikes blood sugar levels. By practicing yoga, it is easier to keep glucose levels lower.

**Swimming as an Exercise**

More than just a great summer time activity, swimming is one of the best ways diabetics can manage their weight. Unlike with walking and jogging, swimming doesn't put any pressure on your joints. Because of the support from the water, swimming is easier on the feet than walking or jogging.

All of these exercises can be done quite easily all you have to do is make the time. Many of them can be done at home or outside, so you won’t have to go somewhere else to get your exercise in.