

## **Soundbite Script -- Working Up to Working Out**

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“It does help lower the risk of heart disease – that is the number one cause of death for patients with diabetes. It helps to lower blood pressure, it helps to keep their LDL or bad cholesterol lower; exercise helps to increase the good cholesterol, which we call HDL cholesterol, keep their weight in a healthy range, and it helps to reduce their stress levels and elevate their mood. Patients with diabetes who regularly engage in physical activity often times we are able to reduce several of their prescription medications.”

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“How that works is our body uses glucose or sugar for fuel or energy so our normal insulin that we make, it moves the sugar out of our blood and moves it into the muscle where we’re able to use it for energy or fuel. The more physically active we are the more sugar we’re burning. So essentially for someone with diabetes, physical activity – I tell a lot of patients – this is a free medication for you that has absolutely no side effects.”

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

**“For patients who have not engaged in any physical activity at all we really recommend that they start off slow. Maybe parking your car farther away from the door. Opting to take the stairs instead of the elevator. Walking out to their mailbox and back and the next day walking a little bit further.”**

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“Sitting is the new smoking. There is a ton of research out there that shows the negative effects of sitting are the same as smoking cigarettes. People who are inactive and sedentary do have higher blood pressure, higher cholesterol, higher blood sugar, typically they are obese, which leads to heart disease.”