

# Aha! Walking made a difference for Steven

Still looking for that big moment of clarity and discovery about your own diabetes care? For Steven, his aha moment came as a result of trying a before-and-after approach to his blood sugar monitoring. The big revelation? Walking—something he'd always discounted in terms of its importance—turned out to have a much greater role in controlling his blood sugar levels.

As a 68-year-old retired college professor with type 2 diabetes, Steven always prided himself on being able to manage his diabetes without medication. Healthy eating was pretty much his regimen for addressing having diabetes at all. "As long as I keep my carbs in check, I'll be okay," was his thinking. He wasn't overweight, and he checked his blood sugar every morning at the same time. That's enough, right?

Imagine Steven's surprise when his doctor advised him that it was time for blood-sugar-lowering medication. Unhappy with that idea, he sought out a diabetes educator (DE) for help. What was recommended? Walking several times a week—a suggestion Steven met with a healthy dose of skepticism. What could a few extra steps each day do for him? Did this mean he was going to have to be a slave to exercise, hitting a gym all the time?

The DE explained that a daily walk wasn't a big time commitment and that there was an easy way to see what kind of difference this small change might make. He gave Steven an ACCU-CHEK Testing in Pairs tool, and they agreed to a before-and-after program of testing. Steven would check his blood sugar before lunch each day and then 2 hours after with this easy-to-use 7-day tool. Then he'd note the change between the 2 levels. The key was to notice if there was a difference on the days he walked after lunch and the days he didn't.

Talk about the big aha: **on the days he walked after lunch, his blood sugar was lower than on the days he stayed home to watch TV instead.** Seeing actual proof resonated with Steven in a way that no lecture from a medical professional ever did. He was sold on the value of a walk and began carving out special time for it several days a week.

The ACCU-CHEK Testing in Pairs tool showed him that even small steps could make a big impact on his blood sugar control. You can take that same step today—simply use the attached complimentary ACCU-CHEK Testing in Pairs tool, and see for yourself how before-and-after testing can make a difference.

**Aha: Walking really does work wonders with controlling blood sugar!**

**How you can do it:** try adding in even a small amount of walking (or any activity you like), and use the ACCU-CHEK Testing in Pairs tool to see for yourself!

ACCU-CHEK® Testing in Pairs

What do I want to learn?				Name: <u>Steven R.</u>
How walking affects it				
Day	Before	After	Change	Date of Birth: <u>7/20/41</u>
Mar 16	120	200	80	<b>Notes:</b> No walking, stayed at home and watched TV.
Mar 17	125	165	40	Walked 30 minutes after lunch
Mar 18	125	255	130	No walking, stayed at home and watched TV.
Mar 19	85	130	45	Walked 30 minutes after lunch
Mar 20	110	145	35	Walked 30 minutes after lunch
Mar 21	80	180	100	No walking, stayed at home and watched TV.
Mar 22	100	250	150	No walking, stayed at home and watched TV.

What did I learn?	What can I do next?
Wow! I never knew walking could make that much difference.	Now I want to see how my favorite foods affect my blood sugar.

Please consult with your healthcare provider before making any therapy changes, and ask what your target range should be.



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