

# Hip Hop Fit: A Tool to Incorporate Physical Activity for Improved Diabetes Care

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## Why Is Activity Important?

- Helps build/retain muscle*
- Reduces body fat*
- Improves mood and reduces stress/anxiety*
- Keeps joints and muscles flexible*
- Enhances insulin sensitivity*
- Lowers mortality risk*
- Improves quality of life*

## What Are the Recommended Physical Activities for PWD?

- Aerobic*
- Resistance*
- Flexibility*
- Balance & Daily Movement*

## Why Hip Hop Fit?

*Hip Hop Fit incorporates aspects of all the recommended activities for PWD in each session*

In 2019, DiabetesSisters partnered with “Hip Hop Fit with Gene Hicks” (Woodridge, IL) to present quarterly events featuring diabetes education and physical activity. These events featured a Diabetes Care and Education Specialist leading discussions and answering questions about nutrition, heart health, goal setting, and the value of exercise in blood glucose management. Sessions included up to 75 attendees and were offered free of charge to Chicago-area community members.

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*“This program made it easy for me to access diabetes and exercise information, clarified dietary recommendations, and created camaraderie. It was delivered in a way that was actionable for me, without judgment. Diabetes is daunting, but this event was an invaluable service for those who attended.”*

– Attendee, 45 years old, type 2 diabetes



*References:* Colberg S et al. *Diabetes Care*, 39(11): 2065-79, 2016  
Morrison S et al. *Diabetes Care*, 33(4):748-50, 2010  
Herriott M et al. *Diabetes Care*, 27(12): 2988-9, 2004  
Amati F et al., *Diabetes Care*, 32(8): 1547-9, 2009

For more information, visit [hiphopfit.net](http://hiphopfit.net) or [diabetessisters.org](http://diabetessisters.org)