

Diabetes and Exercise

Being Active

Being physically active helps to keep your blood glucose in a healthy range. Physical activity (**exercise**) makes muscles contract, causing them to absorb glucose for energy.

Regular exercise is important for everyone. It can help



- improve circulation
- reduce stress
- control blood pressure
- your body use insulin better
- control cholesterol
- improve your mood



Talk to your
healthcare provider
about a regular
exercise plan that is
good for you.

Types of Exercise

There are 3 types of exercise. Each type has different health benefits.

Aerobic	Increases your breathing and heart rate. Examples include brisk walking, swimming and dancing. 
Strength Training	Burns glucose as fuel and helps build muscle. Examples include sit-ups, pilates, weight lifting and resistance bands.
Flexibility Exercises	Important for protecting joints and muscles. Examples include yoga, tai chi, side bends and head rolls. 



Stop exercising if you feel faint, have chest pain or shortness of breath. Call your healthcare provider.

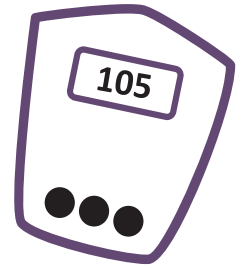
Your Exercise Plan

- Begin slowly and increase the time you exercise and the intensity of the exercise over time.
- Wear socks and shoes that fit well.
- Dress in layers so as you warm up you can remove a layer to keep from getting too warm.



Monitor Blood Glucose Levels

Blood sugar testing with record keeping should be done before and after exercise. This will let you see the effects of exercise on your blood sugar.



If your blood glucose level is:	Then....
Less than 100 mg/dl	Eat a snack with 15-30 grams of carbohydrates before exercising.
100-150 mg/dl	Eat or drink 15-30 grams of carbohydrates for every 30-60 minutes of activity.
150-300 mg/dl	Exercise. No additional food or drink is needed.
Greater than 300 mg/dl	Check urine ketones. If urine ketones are present, do not exercise. Drink plenty of fluids.

Your Daily Activity Goals

