



How can physical activity help me?

- Lower blood sugars for 24-48 hours.
- Lower insulin needs.
- Fewer stress related changes in blood sugars.
- Lower risk of heart disease.
- Improved mood, more energy, better quality sleep



Where can I begin? Aerobic Activity!

Goal of 30 minutes (or more) of moderate activity on 5 (or more) days per week.

- Walking, swimming, and biking are all good choices. Running is not necessary, but okay for more trained athletes.
- Start slow: If you haven't been active at all, then 2-3 minutes/day might be a good start. Work up to 5 minutes. Wait and see how you feel the next day before increasing.
- Choose activities you enjoy.
- Find a walking partner or join a group.
- If you are too busy for 30 minutes all at once, try 10-15 minutes two or three times per day.

What about weight lifting or yoga?

These are non-aerobic activities that are also important for better balance, more flexibility and less stress.

Exercise Safely!

- Carry something with you such as glucose tablets or a juice box in case your blood sugar drops.
- Drink plenty of water.
- Check feet before and after exercise for blisters or raw, open areas.
- If taking a sulfonylurea or insulin: have a medical ID with you!
- Monitor blood sugar to learn how your activities affect your blood sugar.

Caution: Check with your doctor before starting any new physical activity

If you take insulin, keep a log of your blood sugars to find out your pattern and share with your diabetes educator or doctor.

Do 2-3 trials with a new activity and write down results.

Check your blood sugar:

- About 30-60 minutes prior to activity
- Immediately before activity
- Every 30 minutes during activity
- Shortly after (5-15 minutes)
- Middle of the night (especially after strenuous exercise)
- Next 24 hours as usual You may need to adjust your insulin dose and/ or eat more carbohydrates before, during or after physical activity.

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