

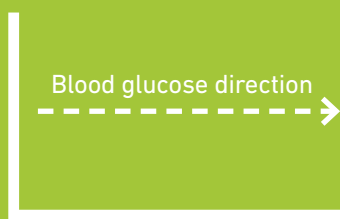
# EXERCISE AND MANAGING BLOOD GLUCOSE LEVELS WITH DIABETES

## BEFORE EXERCISE

### CONSIDER THE TYPE OF EXERCISE

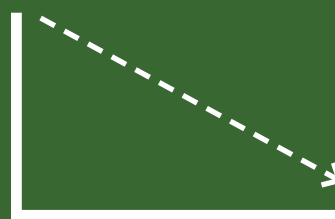
#### Flexibility/Stretching

Yoga, Tai Chi



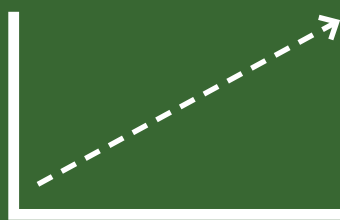
#### Aerobic

Jogging, walking, cycling, swimming



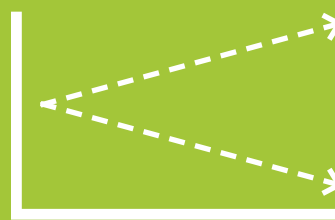
#### Anaerobic

Free weights, weight machines, elastic resistance bands



#### Mixed

Football, Tennis



### Consider the time of day to exercise

Morning is the safest time. The earlier the exercise the better as insulin resistance is greater which lowers the risk of hypos.

Greatest risk of a hypo after 16:00 or 2 hours after quick acting insulin.



### Check blood glucose levels

<5.7mmol/l's = do not exercise and take additional carbohydrates e.g. slice of toast.

5.7 – 15 mmol/l's = proceed with exercise only if well.

>15mmol/l's = do not exercise.

Note: Caution if experienced a hypo in the last 24 hours.



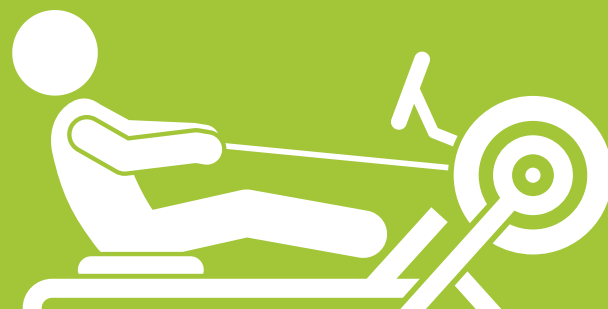
## DURING EXERCISE

Keep hypo treatment and water with you.

10 second sprints during exercise helps to raise blood glucose levels.

Consider having some quick acting carbs during exercise to avoid a hypo. E.g. 5 Jelly Babies

Stop exercising if experience blood glucose <4mmol/l's or become unwell.



## AFTER EXERCISE

Consider a carbohydrate snack to reduce the risk of a hypo. E.g. Banana or two biscuits

Do not give extra insulin post exercise.

Do an aerobic cool down if glucose levels are higher than target.

Check blood glucose levels during the night.

