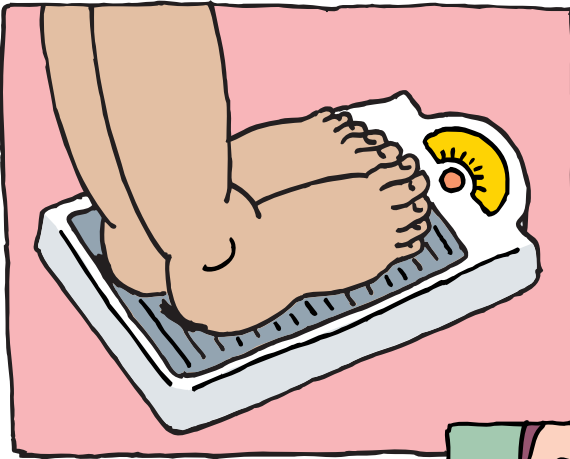


# EXERCISE AND DIABETES



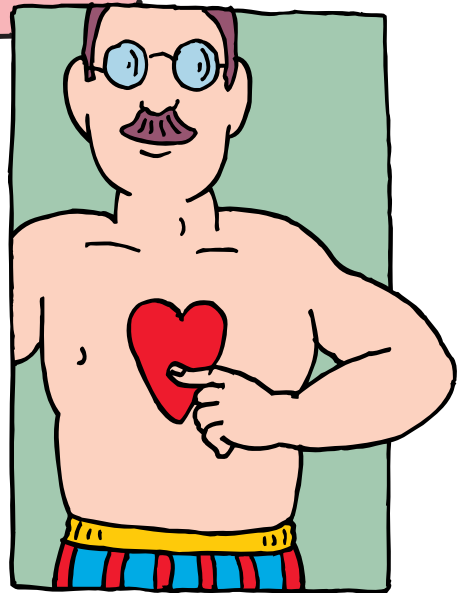
Exercise is one way to help control diabetes.  
High blood sugar levels and being overweight can make diabetes worse.



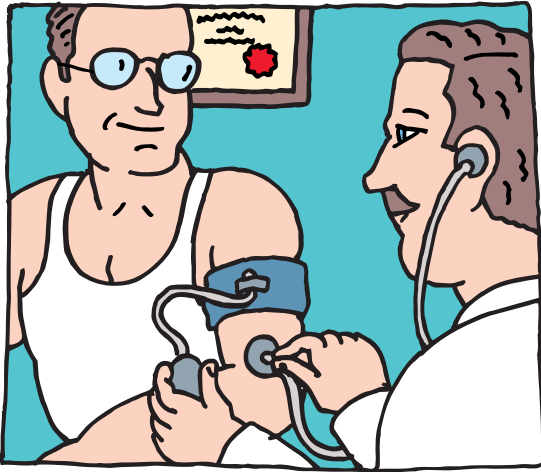
Exercise helps to:

control weight

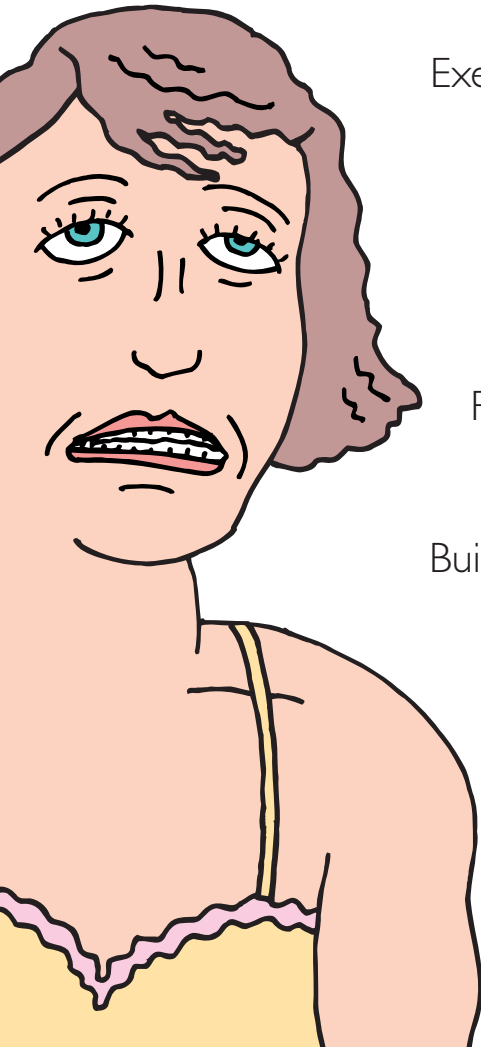
lower blood sugar levels



prevent heart disease



Exercise can also help control blood pressure and lower fat levels in your blood.



Exercise helps you:

Look and  
Feel Better

Reduce Stress

Build Strong Bones  
and Muscles



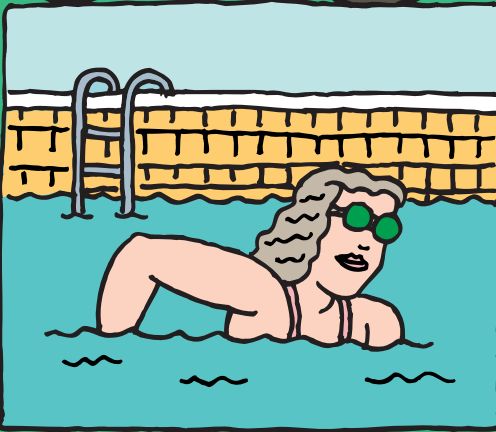
## Getting Started

Find an exercise you like to do.  
You won't want to do it if it's not  
fun. Easy exercises to do include:

walking



bicycling



swimming



dancing



Find a friend to help get you going. It's fun to do things with someone else.

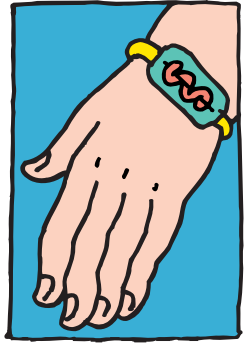
Get your family involved, too. Exercise is good for everyone!

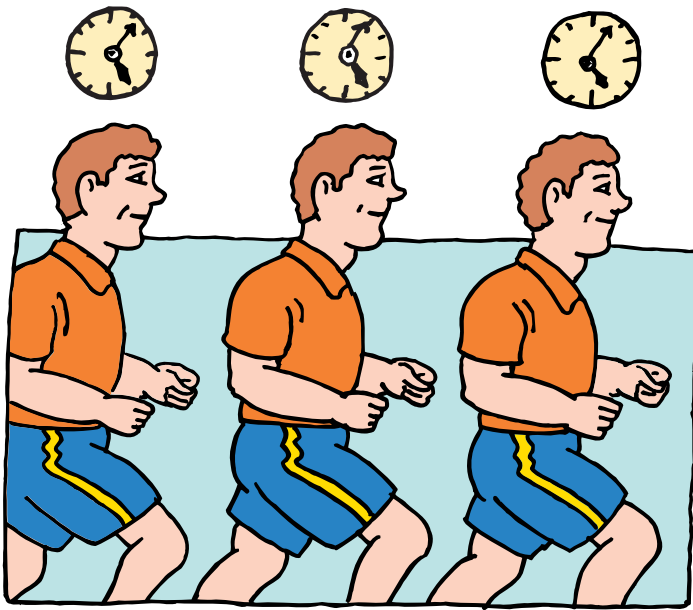


Always talk to your doctor before you start to exercise. You need to choose an exercise program that is right for you.



Wear your medical ID. In an emergency, someone will know you have diabetes.

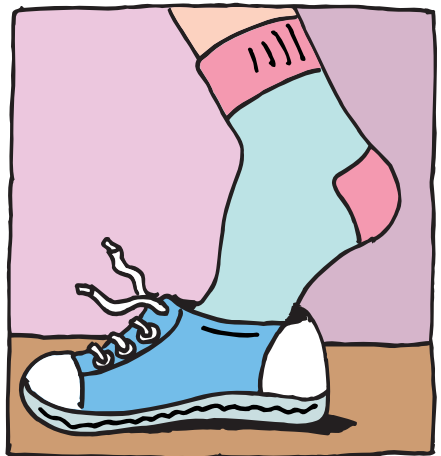




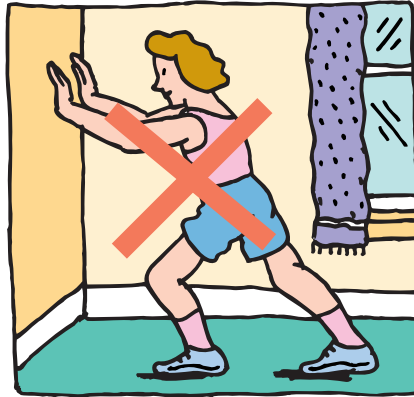
Try to exercise every day for at least 30 minutes. Exercise at the same time of day, if you can. If time is a problem, even 10 minutes of exercise 2 or 3 times a day can be good for you.

### **Safety First**

Wear shoes that fit. Thick socks can help prevent blisters.



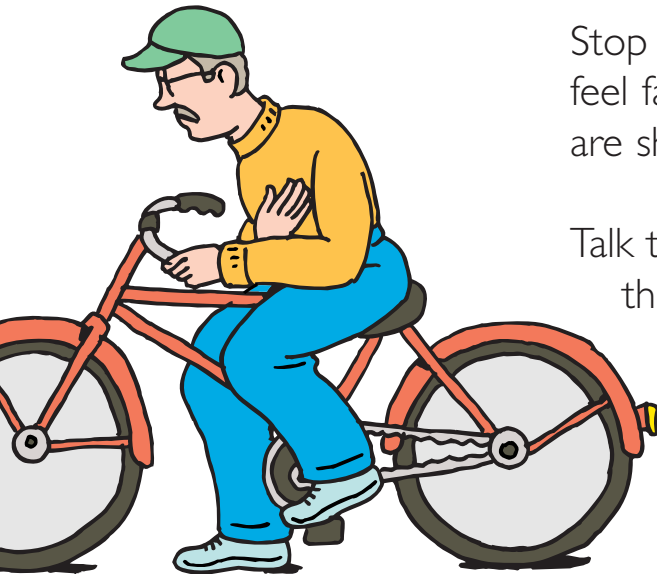
Start to exercise slowly. Slow walking or slow running may be helpful before and after exercise. Health experts no longer suggest people stretch before or after being active.



Drink plenty of water before, during, and after exercise.



People on insulin should discuss when to exercise after a meal with their doctor.



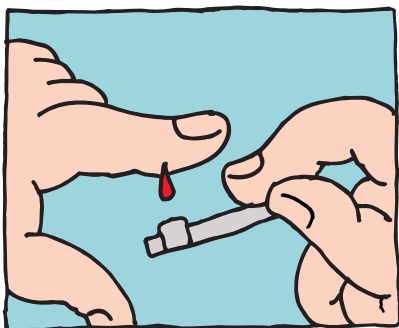
Stop exercising if you feel faint, have pain, or are short of breath.

Talk to your doctor about these problems before you exercise again.

## Blood Sugar and Exercise

People with diabetes who take insulin or pills to lower blood sugar can have low blood sugar when exercising.

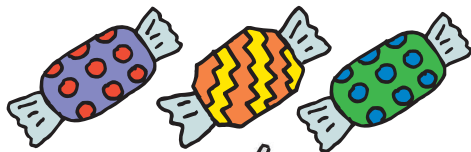
If you take insulin or a pill, you should:



- test your blood sugar before you exercise
- eat a fast-acting sugar snack if your blood sugar is less than 100
- eat a snack if you are exercising for more than 45 minutes

Examples of fast-acting sugar snacks include:

3 hard candies you can eat quickly or 2 packets of regular sugar



3 glucose tablets or 15 grams of gel

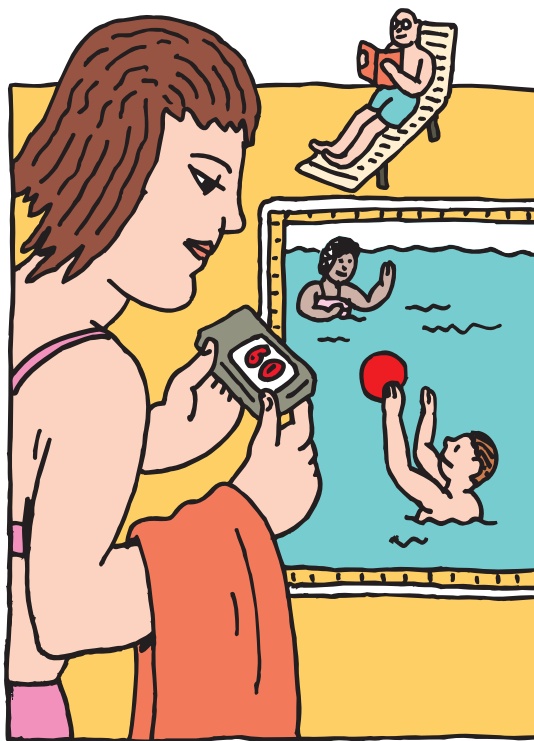


1/2 can of regular (not diet!) soda

Test your blood sugar right away if you feel signs of low blood sugar. If you can't test, treat anyway to be safe.



You can even have a low blood sugar hours after you exercise. Test your blood sugar often – before, during, and after exercise.



If you take insulin, don't inject it into the same body area you will use when you exercise. For example, don't put it in your leg if you are going jogging. It may work too fast.



Ask your doctor or nurse if you have any questions about your exercise program. They are there to help!

Always talk to your doctor before making any changes in your diabetes treatment plan.