

Exercise

- ✚ Exercise makes your blood sugar go down!
- ✚ Your body needs to be active!
- ✚ Exercise is a part of good diabetes care



Benefits of exercise:

- ✚ Exercise makes your blood sugar go down
- ✚ Helps to keep your blood pressure down
- ✚ Helps to lower your cholesterol
- ✚ Exercise helps with weight loss
- ✚ Increases your energy level
- ✚ Exercise can help decrease stress
- ✚ Prevent heart and blood vessel disease



Where do you start?

Talk to your provider about exercising.

Talk about:

- ✓ What kind of exercise is good for you
- ✓ How much exercise you should do
- ✓ If you will need to change your medicine
- ✓ What you should do if you have dizziness, nausea or vomiting, pain in the chest, jaw, arms or ears, irregular pulse or trouble breathing.



Exercise and blood sugar:

Check your blood sugar before and after exercise!

- ❖ Blood sugars less than 80 mg/dl:
 - Eat a large snack: 1 cup skim milk, 2 tablespoons of peanut butter and 6 saltine crackers
Wait 10 - 15 minutes and recheck your blood sugar, if it is more than 120 mg/dl it is OK to exercise

- ❖ Blood sugars between 80 - 120 mg/dl:
 - Eat a small snack: an apple or crackers

- ❖ Blood sugar between 120 - 250 mg/dl:
 - Exercise

- ❖ Blood sugars greater than 250 mg/dl:
 - BE AWARE, blood sugar may increase OR decrease after exercise. Monitor your blood glucose closely, especially 4 to 6 hours after you exercise.
 - If you have Type 1 diabetes check your ketones, if they are moderate to large do not exercise. Rest and drink fluids and do as instructed by your doctor or provider

- ❖ Blood sugars greater than 400 mg/dl:
DO NOT EXERCISE! You may have an illness or infection

Prevent low blood sugar:

- 🚫 Do not drink alcoholic beverages before or while exercising

- 🚫 Do not inject insulin into the part of the body you are exercising

- 🚫 Do not exercise when your insulin is at its peak

Insulin and exercise:

- ✚ Exercise at the same time each day. You take your insulin at the same time each day and you eat your meals at the same time each day, do the same with exercise.
- ✚ Test your blood sugar before you exercise and follow the directions above.
- ✚ Do not exercise when your insulin is reaching its peak. A good time to exercise is one to two hours after a meal.
- ✚ Always carry a quick source of sugar.
- ✚ Do not inject your insulin in an area you will be exercising hard. If you are playing tennis do not inject your insulin in your arm.

Is there any difference between activity and exercise?



**ALL EXERCISE IS ACTIVITY BUT,
NOT ALL ACTIVITY IS EXERCISE
We want you to be active and exercise!**

What kind of exercise do you enjoy? Check the exercises you could begin to do.

- | | |
|---|--|
| <input type="checkbox"/> Walking | <input type="checkbox"/> Stair climbing |
| <input type="checkbox"/> Biking | <input type="checkbox"/> Home video exercise tapes |
| <input type="checkbox"/> Jogging | <input type="checkbox"/> Skating |
| <input type="checkbox"/> Exercise Classes | <input type="checkbox"/> Dancing |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Horse back riding |

Choose an exercise that you can do at a steady pace. Aerobic exercise is good for your heart. Do not pick exercises that cause you to strain, such as lifting weights.

What you will need to get started:

- ✚ A **POSITIVE** attitude
- ✚ Shoes that fit well, tennis shoes or walking shoes
- ✚ Cotton socks that are not tight around the top and comfortable clothing
- ✚ Sun screen and insect repellent if outside
 - ❖ Water
 - ❖ Quick sugar
 - ❖ Carry ID with name, address, diabetes and a list of your medications.

How to exercise safely:

- ✚ Look at your feet, before and after you exercise! 
- ✚ Warm up before you exercise, do stretches for 5 to 10 minutes before you start. Warming up will prevent cramps and sore muscles.
- ✚ Wait at least 30 minutes to an hour after a meal to exercise.
- ✚ Walking should be done on level surfaces, slow down on inclines.
- ✚ Walking should be at an even pace, do not stroll or stop unless necessary.
- ✚ Do not exercise during the heat of the day in the summer.
- ✚ Do not over do it, you want to push yourself a little but not too much. You want to work up a light sweat.
 - ❖ if you are short of breath and can't talk when you exercise, slow down
 - ❖ if you can sing while you exercise you are moving too slowly
 - ❖ if you can talk while you exercise it is just right

See your provider if you have any of the following symptoms:



- ❖ Feeling very tired
- ❖ Feeling dizzy or lightheaded
- ❖ Nausea or vomiting
- ❖ Any unusual joint or muscle pain

Go to the Emergency Room if you feel:

- ❖ Pain in chest, teeth, jaws, arms or ears
- ❖ Irregular pulse
- ❖ Trouble breathing

How often should you exercise?

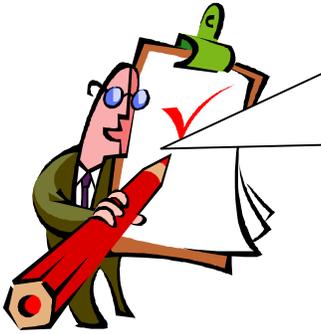
- ✚ You should exercise at least 4 times a week, but every day is better.
- ✚ Start slow and work up to 30 minutes a day



Be active every day!

- ✚ Get off the bus before your stop and walk the rest of the way
- ✚ Park your car at the back of the parking lot
- ✚ Take the stairs instead of the elevator
- ✚ Walk for 30 minutes of your lunch hour
- ✚ Get an exercise video and use it at home
- ✚ Exercise to Sit and be Fit on channel 8
- ✚ Put music on and dance with yourself or a friend or your kids
- ✚ On a day off go for a long walk in the park, take a friend along
- ✚ Walk your dog, both of you will enjoy the walk





Here are some ideas for your action plan. Pick things you are willing to try. Good luck and share with your educator and provider!

- WHAT you are going to do
- HOW MUCH you will do
- WHEN you will do it
- HOW OFTEN you will do it

Exercise plan	I will discuss exercise with my provider at my next visit
Shoes and clothing	I will buy shoes and comfortable clothing next Friday when I go shopping
Exercise	<p>I will _____ for _____ minutes _____ times a week.</p> <p>I will start my exercise plan on _____(date).</p> <p>I will mark the calendar for exercise and check off when I'm done</p>