

# Diabetes and Physical Activity

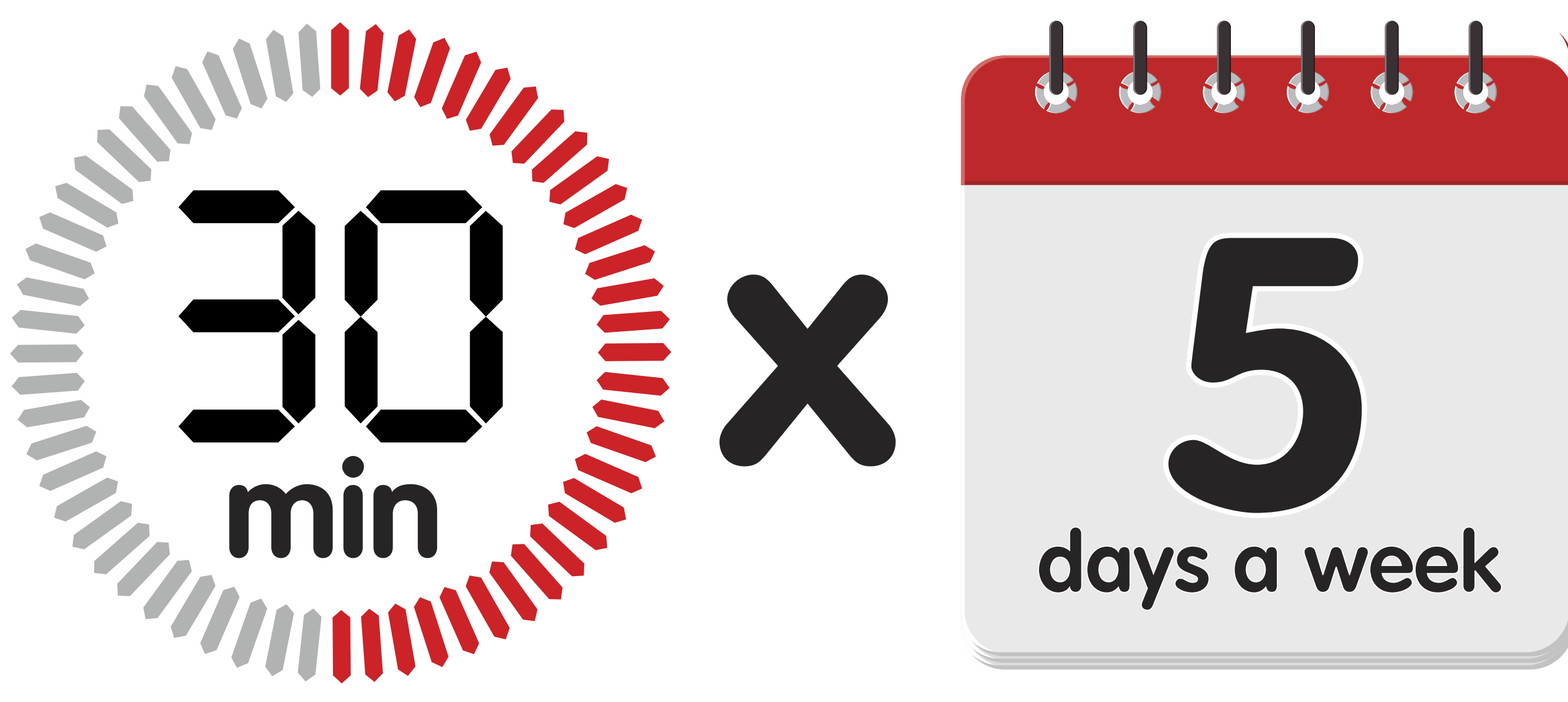
## Why do I need physical activity?

- Physical activity can help all people stay healthy
- It helps you meet blood sugar goals, helps you control weight, and makes it less likely you will have heart disease
- It can also help you feel less stress and give you more energy



## How much physical activity do I need?

**Try to be active for 30 minutes a day for 5 days each week**



## What types of physical activities are best?

The best activities are any type that gets your heart to pump faster and makes you breathe harder. This is called aerobic activity



Good activities are:

Bike riding  
Fast walking  
Gardening  
Jogging  
Mowing the lawn  
Rollerblading  
Swimming  
Dancing  
Water aerobics  
Hiking

## You can also add activities that build your muscles

- These are called strength training, resistance, or weight training activities
- Try to do these 2 or more days a week



## Tips to keep your blood sugar from getting too low when doing physical activities or exercise

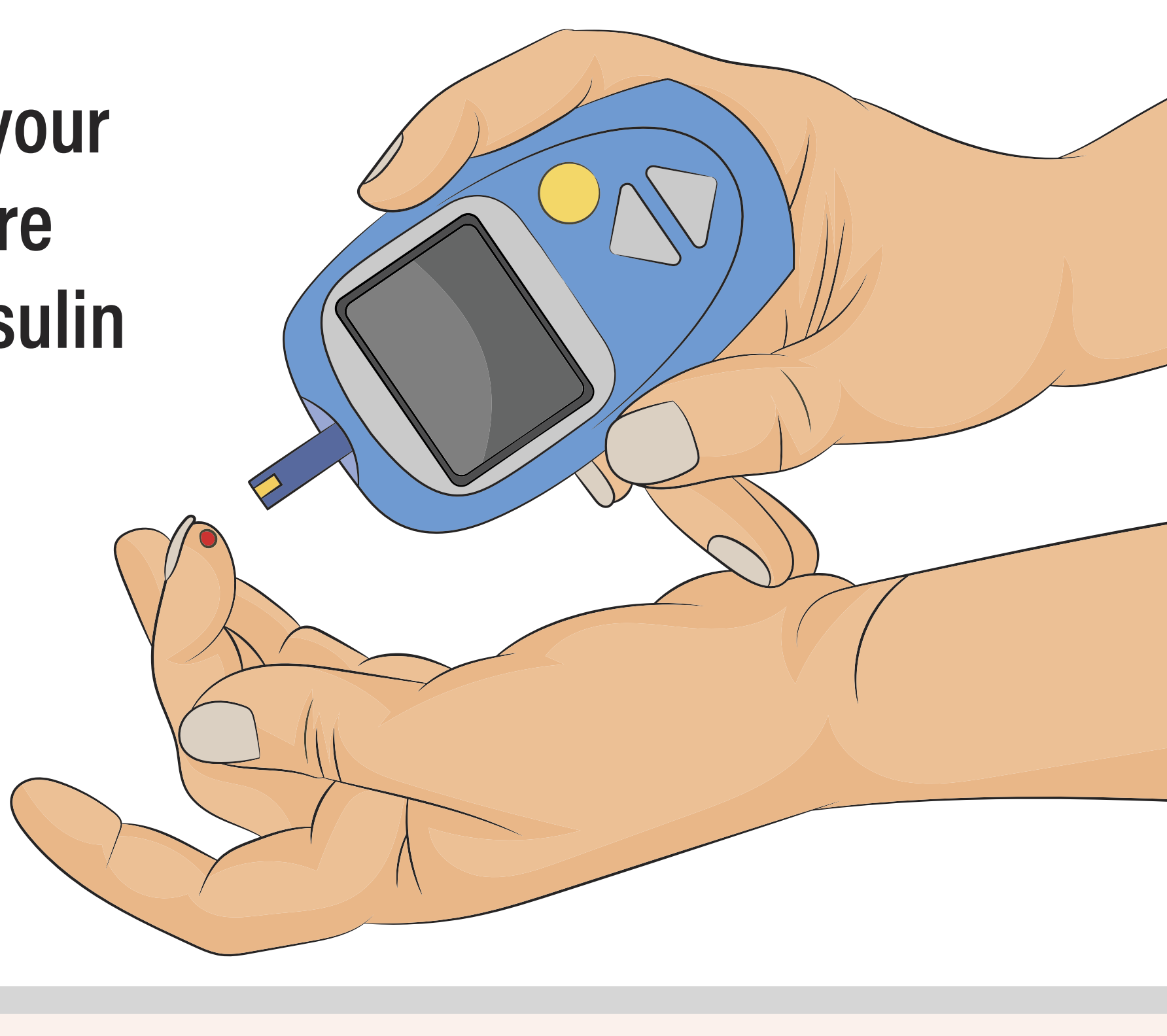


- Do strength training before aerobic activity to lower your risk of low blood sugar

- Exercise an hour and a half after eating

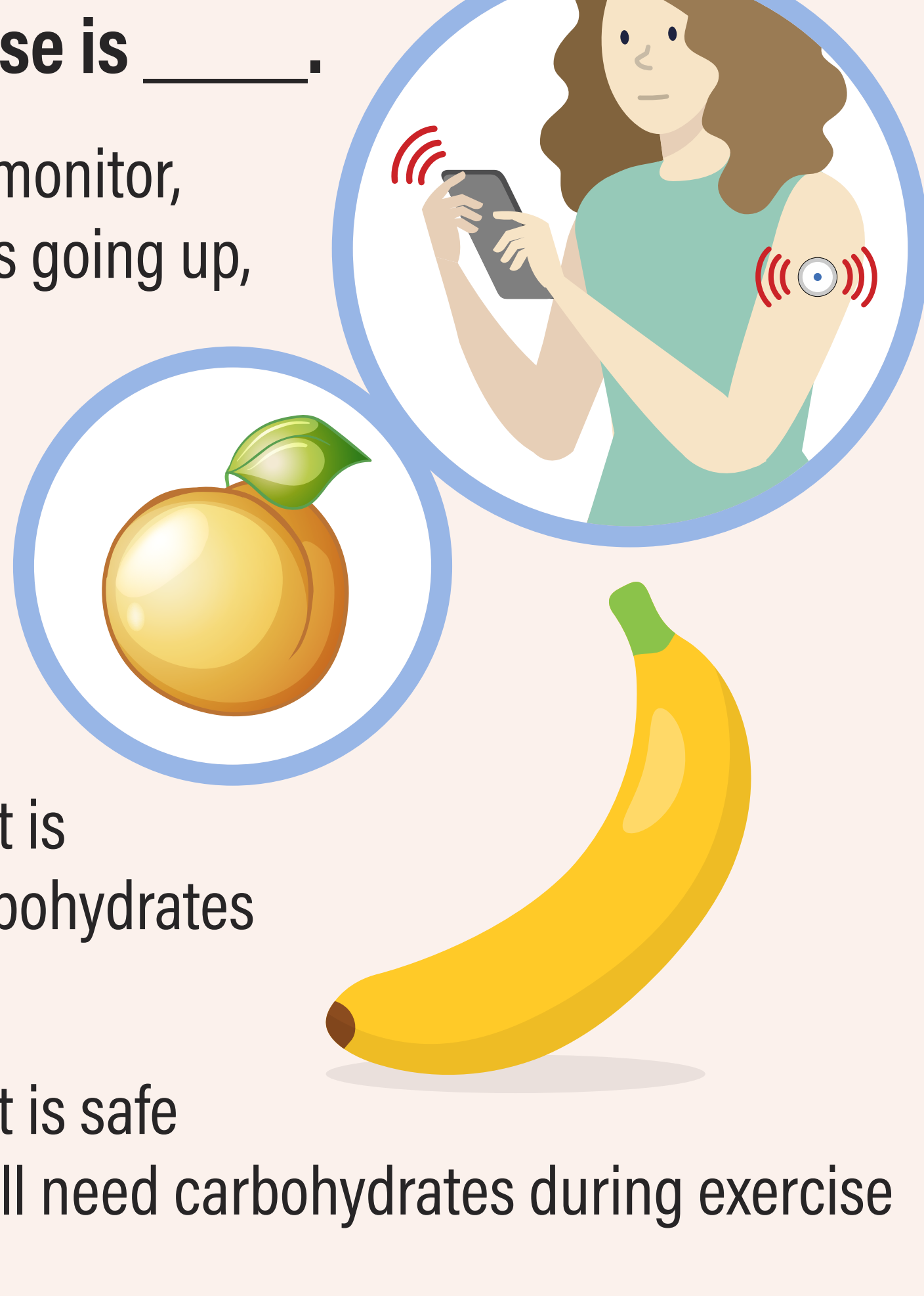
**If you take insulin, talk to your doctor to make sure you are taking the right dose of insulin before exercise**

- Before you exercise, check to make sure your blood sugar is in a range that is safe



**My blood sugar range for exercise is \_\_\_\_\_.**

- If you are on a continuous glucose monitor, check to see if your blood glucose is going up, going down, or staying flat
- If your blood sugar is too low or going down, you should eat or drink 15-30 grams of carbohydrates before starting to exercise
- If your blood sugar is in a range that is safe and is flat, you might need carbohydrates before or during exercise
- If your blood sugar is in a range that is safe and is going up, it is unlikely you will need carbohydrates during exercise



**Always bring fast-acting carbohydrates, like a sports drink or glucose tablets, so you can treat low blood sugar fast**

