

Diabetes and Exercise

Why is exercise important?

- Lowers blood sugar
- Controls your weight
- Helps keep your heart healthy



Exercise also helps you:

- Look and feel better
- Lower stress
- Build strong bones and muscles

How much should you exercise?

Try to exercise at least 150 minutes per week, which is 30 minutes or more at least five times a week. You can start slowly if needed. Exercise through the week. Try not to go more than two days without exercising. Even when you have an active job you still need to plan for scheduled workouts.

Plan Ahead

You can control your blood sugar better if you plan ahead and know how your body deals with exercise. Since different types of activities affect your blood sugar differently, when trying a new activity, measure your blood sugar before and after exercise. It may take you some time to find the right balance.

When exercising: Safety first!

Wear your diabetes medical identification (ID) so that in an emergency, someone will know you have diabetes.



- Start to exercise slowly, at your own pace
- Talk to your provider if you think your medicine needs to be changed
- Drink plenty of water before, during, and after exercise

Wear good shoes that fit.



White cotton socks are best and will help stop blisters.

If you take insulin or pills or both that lowers your sugar, you should:

- Test your blood sugar before you exercise.
- Eat a snack (carbohydrate/protein) if your blood sugar is less than 120.
- Eat another snack if you have exercised for more than 45 minutes.
- Carry a fast acting sugar snack.
- Re-check your sugar after exercise.