

Top 10 Tips for Exercise Safety for People with Diabetes

1



Start with your doctor's recommendation.

- Get a physical exam and guidance on the kind of exercise that may be safest for you.

4



Check your blood sugar before you exercise.

- In general, if your blood sugar is less than 100 mg/dL, take a small snack that includes carbohydrate before you start to exercise.
- If your blood sugar is 300 mg/dL before exercise, wait to exercise until your blood sugar is close to the normal range.
- If your fasting blood sugar is above 250 mg/dL and/or you have urine ketones, do not exercise.

2



Pick an exercise that you enjoy.

- Make sure it's an exercise that your doctor approves of.

5



Check your blood sugar after exercise.

- Blood glucose levels may drop for several hours after exercise, depending on several factors such as type and duration of exercise and blood glucose levels.
- Follow post-exercise snack guidelines: if your blood sugar is less than 100 mg/dL after exercise and you are not scheduled for a snack or meal for 30 - 60 minutes, take 15 grams of carbohydrate to prevent low blood glucose.
- Work with your diabetes care team to learn how to make additional adjustments to your diabetes care plan related to exercise.

3



Be prepared for the impact of exercise on your blood glucose (sugar).

- Exercise uses the sugar from your blood stream so it can lower your blood sugar level, especially in people using insulin or certain diabetes pills. Carry some form of carbohydrate with you in case you swing too low.

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6



Wear identification.

- Wear identification that indicates you have diabetes, such as an identification bracelet or shoe tag.

9



Pay attention to your feet.

- Wear comfortable and well-fitting shoes and socks.
- Check your feet before and after activities involving feet, such as walking, for any potential damage such as cuts or blisters.

7



Drink plenty of fluids.

- When you exercise, your body uses more fluid to keep you cool.
- Drink fluid before, during and after exercise.

10



Be active for 30 minutes.

- Set a goal to be active for 30 minutes most days of the week for your health.

8



Avoid exercise at the time of the peak of your insulin's reaction.

- Exercise at that time could cause an unplanned dip in your blood sugar levels.

Always check with your doctor for individual guidelines on exercise safety.

Diabetic Supply Patients: Call 1-800-347-8023 to order your diabetes testing supplies.

Website: www.WellnessLifeSystems.com

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.