



EXERCISE FOR HEALTHY BLOOD SUGAR

BENEFITS OF EXERCISE FOR PATIENTS WITH DIABETES MELLITUS

- ✓ Prevents or delays Type 2 Diabetes onset and improves blood sugar control
- ✓ Increases blood glucose uptake through muscle and lowers blood glucose for up to 72 hours



- ✓ Reduce blood glucose elevations with light physical activities after a meal (e.g. brisk walking)



BEFORE YOU EXERCISE !!

- Check your sugar level.**
 - Safe glucose zone: 5.5-13.9 mmol/L
- Drink enough water.**
- Monitor closely for low sugar episodes and stop if you:**
 - Feel dizzy
 - Have cold sweat
 - Have tremors
- Refrain from exercising before bedtime to avoid low sugar level at night.**
- If you have reduced sensation or numbness over your feet:**
 - Be careful of injuries to the legs
 - Keep feet dry and inspect daily for wounds or skin breaks
 - Wear proper shoes during exercise
 - Avoid water activities if you have an open wound or ulcer
- If you have diabetes-related eye disease, avoid exercises which require:**
 - Head-down or upside-down movements
 - Too much jumping or breath-holding activities

DIABETIC MEDICATION PRECAUTIONS

1

Medications at higher risk of giving you low sugars:
e.g. glipizide, gliclazide, insulin



Medications you are on:

- _____
- _____
- _____
- _____

2

Check blood sugars before and after exercise



- If blood glucose is < 4 mmol/L, take 15g of fast-acting glucose (e.g. ½ glass fruit juice)
- Check blood glucose 15 minutes later
- Watch for delayed low sugars after exercise
- If you have symptoms of low sugars, consider eating 5-30g carbohydrates (e.g. energy bar) within 30 minutes after end of exercise

3

Medications at risk of dehydration:
e.g. dapagliflozin, empagliflozin

- Keep yourself adequately hydrated before exercising

