

Exercise Basics

Exercise is beneficial for everyone but is especially so for people with diabetes. For some people with type 2 diabetes, exercise may even reduce the need for medication.

BENEFITS

Lowers Blood Sugar

When muscles are exercised, they use the sugar circulating in the bloodstream.

Also:

- Strengthens joints and muscles
- Increases metabolism

Reduces Joint Stiffness

Daily movement of all joints can help reduce stiffness caused by normal aging and blood sugars that have been elevated over time.

- Improves mood
- Burns body fat
- Improves cardiovascular health



HOW TO EXERCISE



Exercise for at least 15-20 minutes to lower blood sugar



Do something active on most days



Exercise for at least 35-40 minutes to burn body fat



Combine aerobic and strength training for maximum glycemic control

THINGS TO KNOW

Consult your health care team before starting a new exercise program and start slowly

Carry medical identification, especially if exercising outdoors or alone

Check feet daily for injuries/sores

For endurance or more intensive activities, additional protein and fat may be needed

Exercising 30—90 minutes after a meal, when blood sugar is at its peak, will generally satisfy any need for snacking and will guard against hypoglycemic reactions



Blood sugar checks are important. Exercise may temporarily raise levels before lowering

Carry glucose tablets or another quick energy source to elevate blood sugar levels if needed

Avoid exercising in extreme temperatures as this can cause blood sugar fluctuations

Those with type 1 diabetes need to be especially observant of these guidelines