



Diabetes And Exercise

Work up to at least 30 minutes of exercise a day, most days of the week. Regular physical activity helps to manage diabetes. People with diabetes should talk to their doctor or health care provider before starting any exercise plan. Some good ways to get exercise are to:

- Take a brisk walk (outside or inside on a treadmill).
- Go dancing.
- Take a low-impact aerobics class.
- Swim or do water aerobic exercises.
- Ice-skate or roller-skate.

- Play tennis.
- Ride a stationary bicycle indoors.

Here are some ideas for being more active every day:

- Park the car farther away from your destination.
- Get on or off the bus several blocks away from your stop.
- Take the stairs instead of the elevator or escalator.
- Exercise while watching TV.
- Walk around while you talk on the phone.
- Play with the kids.
- Take the dog for a walk.
- Get up to change the TV channel instead of using the remote control.
- Work in the garden or rake leaves.
- Clean the house.
- Wash the car.
- Stretch out your chores. For example, make two trips to take the laundry downstairs instead of one.
- Park at the far end of the grocery store lot and walk to the store.
- At work, walk over to see a co-worker instead of calling or e-mailing.
- Stretch or walk around instead of taking a coffee break and eating.

A pre-workout diabetes checklist

It's important to keep in mind that if you have diabetes, you always need to be prepared before exercising. Always speak with your diabetes care team prior to starting a new fitness routine. Once your workout regimen has been reviewed and approved, ask yourself these questions prior to each workout:

What's my blood glucose level?

Before exercising, it's very important that you check your blood glucose to determine if it is low, high, or in a normal range. If it is low, have a snack with 15 grams of carbohydrates and wait 15 minutes for your glucose to return to normal. Check your glucose again in 15 minutes to make sure your glucose is rising. If it isn't, to follow the "15/15" rule (15 grams of carbohydrates for hypoglycemia and check glucose again in 15 minutes) until it is in a normal range. If your glucose is high (240 or more), check for ketones. Ketones are waste products resulting from the breakdown of fats. Do not exercise when ketones are detected; it may result in even higher blood glucose levels.

Do I have fast-acting snacks in case of hypoglycemia (low glucose)?

Always be prepared for these situations when you're about to work out. Many drugstores carry fast-acting glucose snacks that

rapidly increase your blood sugar and many of them are small enough to take to the gym or outside (depending on where you work out).

Do I have my glucose meter with me?

Bring your glucose meter, since you'll want to check your glucose after every 30 minutes of exercise.

Is there something I am wearing that identifies me as a person with diabetes?

Wear a necklace, bracelet, or carry something that identifies you as a person with diabetes. Also, indicate whether or not you take insulin and list an emergency contact.

Are my shoes comfortable?

When you have diabetes, finding comfortable footwear that's also supportive is key to avoiding foot problems in the future. It's also part of a healthy program for caring for your body.

If you're going outdoors for an extended period of time, you must be sure to bring extras of all of your supplies and also be sure to bring an emergency glucagon kit. Let the people you're with know that you have one, and show them how to use it. Lastly, make sure all of your insulin stays cool during outdoor activities because insulin that gets too hot will spoil.

For help in managing your diabetes, contact our Member Care Management team at 1-800-860-2619.

