

NOW WHAT should I know about blood sugar levels & exercise?

Exercise can typically lower blood glucose (sugar) levels but being physically active can affect your blood sugar levels in different ways. Depending on the type of activity you're doing, you might experience your sugar level going up or down. Before starting any physical activity routine, consult with your doctor, especially if you treat your diabetes with medication.

FACTS FIRST: Regardless of the type of diabetes you have, regular physical activity is important for your overall health and wellness. Planning ahead and knowing how your blood sugar and body respond to exercise can help you build the best exercise plan for you.

Check Your Sugar Levels

Manage Your
Blood Sugar Levels

Monitor Blood Sugar
After Exercise

ACT ON THE FACTS:

CHECK YOUR SUGAR LEVELS – Whether that's using diabetes technology or test strips, try doing this more often around the time you are starting to exercise. If you are exercising when your blood sugar levels are high, you may experience dehydration and tiredness. If your blood sugars are high (>250mg/dl) DO NOT EXERCISE. At this point relax and drink plenty of water. Once BS <250mg/dl then keep drinking water and resume your physical activity.

- This can hinder your workout, so it is important to stay hydrated.
- Manage your blood sugar: Some days you may do the same type of activity and eat the same food, but your sugar may react differently than the day before. These tips can help you:
 - o Keep a record of your blood sugars before meals and 2 hours after meals and share it with your physician or diabetes nurse.
 - o If you are at risk for hypoglycemia (if BS <70 mg/dL) please make sure you check BS prior to exercise. If BS are < 100 mg/dl have a snack then proceed with exercise. Keep snacks with carbs handy.
 - o Wear your diabetes ID so people around you can help if they need too.
 - o If you use insulin to treat your diabetes, you might need to make changes to your dose when exercising (speak to your doctor)
- Monitor blood sugar after exercise: Some people find their sugars go up while others go down. Exercise has a long-term effect on insulin secretion and therefore, it is important to keep your log and continue to check your sugars for up to 24 hours after you have exercised.



How many times a week do you exercise?

Scroll down and start using our helpful exercise log.

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://epdiabetes.org/now-what/)

