

Physical Activity & Diabetes

Benefits of Physical Activity

Can lower blood sugar, blood pressure and cholesterol
Help with losing and maintaining weight
Improve well-being

What activities are good for me?

† Endurance activities

- jogging/running
- biking
- gardening
- walking
- swimming
- dancing

† Strength Training *

- weight lifting
- isometrics



What activities should I limit?

- ♥ Working/playing on the computer
- ♥ Watching TV
- ♥ Playing video games
- ♥ Talking on the phone




* Persons with eye problems or high blood pressure should check with their physician before choosing these activities

How to become more active:

1. See a doctor: you may need a stress test.
2. Make sure you can breathe and talk during activity.
3. Start slowly: 5-10 minutes of activity three times a week may be best. Add 2-3 minutes of activity each week to a goal of 30 or more minutes on most days.
4. Break the activity into 2-3 sessions each day.
5. Warm up for 5 minutes before the activity (walk or bike slowly) and cool down/stretch for 5 minutes after activity (walk or bike slowly).
6. Make certain that your shoes fit properly.
7. Find activities you enjoy! Use variety (bike one day & walk another!)



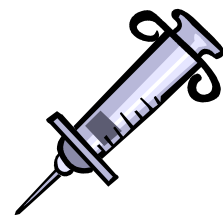
What do I need to do to safely be active?

1. Check your blood sugar before and after the activity. 
2. Drink plenty of water before, during and after the activity.
3. Have a dilated eye exam. Limit weight lifting and jarring activities if you have eye problems. 
4. Ask your doctor to check your feet. Bike or swim if you have foot problems.
5. Learn to check your own feet before and after the activity. See your doctor if red or injured areas develop. 
6. Carry a carbohydrate (fruit juice, hard candy, glucose tablets) if you take medications that can cause low blood sugar: insulin, Prandin, Starlix, Symlin or a sulfonylurea (Micronase, DiaBeta, Glucotrol, Amaryl, glipizide, glyburide or glimepiride).
7. Carry diabetes identification & a cell phone or money for a phone call in case you need help.
8. Involve family or friends. Tell them about your diabetes & what to do if a problem arises.

Stop the activity if you feel faint, have pain or are short of breath.

What if I take insulin?

- ✓ Learn to adjust your food (eat more) and/or insulin (use less) when active.
- ✓ Check blood sugar before the activity.
 - eat a snack if less than 100 mg/dl
 - check for ketones if greater than 300 mg/dl
 - **AVOID** activity if ketones are moderate to large.
- ✓ Avoid activity when insulin is peaking.
- ✓ Carry a carbohydrate source.
 - * 3 glucose tablets * 1/2 cup juice * 5-7 lifesavers



U.P. Diabetes Outreach Network
*Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985*
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