

## Exercise & Diabetes

Physical activity is particularly good for you if you have diabetes. That's because physical activity helps burn excess body fat, keeping weight down and improving muscle strength. It also helps insulin work better to lower blood glucose, and it can improve circulation and bone density. Plus it gives you more energy and reduces stress.

Exercise doesn't have to be strenuous. A few small changes can make a big difference to the way you feel. Taking the stairs instead of the lift, walking short distances instead of

catching the bus, even doing extra gardening or housework can make a big improvement to your fitness level.

Walking, swimming, playing golf, bowling, aqua aerobics, riding a bike — these

are just some of the many ways to enjoy doing exercise.

For the best results, you should try to exercise for about 30 minutes three to four times a week. If you're not used to exercise, you should begin slowly, starting with five to ten minutes, then build as your endurance increases.

Before you begin exercising, you should talk with your doctor, especially if you are out of shape or have been recently diagnosed as having diabetes. Your doctor can advise you on the kinds of exercise that are good for you.






If you have high blood pressure or eye problems, some exercises like weightlifting may not be safe.

If your blood glucose is less than 100 to 120, have a snack before you exercise, and always try to carry glucose tablets or a carbohydrate snack with you when you exercise.






### More excursive tips




#### Before exercising

-  See your doctor.
-  Have a snack if you plan to exercise more than an hour after eating.
-  Drink water before during and after excursive to prevent dehydration.
-  Choose an activity you enjoy, as you are more likely to stick to it that way.
-  Stretch for five minutes before and after exercise.

#### During exercise

-  Wear suitable shoes and clothing.
-  Wear an ID tag indicating you have diabetes to insure proper treatment in case of problems or injuries.
-  Avoid lifting heavy weights as a precaution against sudden high blood pressure.

#### If you use insulin

-  Exercise after eating not before.
-  Don't exercise right before you go to sleep as it could cause hypoglycaemia during the night.
-  Check your blood glucose before, during, and after exercising. Don't exercise when your blood glucose is over 240 or if you have ketones in your urine.

