

# patient education program

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## Diabetes & Physical Activity/Exercise

Physical activity is movement that causes you to burn sugar and is an important part of managing diabetes and keeping you healthy. Exercise is a more structured form of physical activity. Both of these are important because they:

- Improve blood sugar control
- Lower risk for heart disease by reducing heart rate, blood pressure and blood fats (cholesterol and triglycerides)
- Help keep body weight in a healthy range
- Improve overall well-being

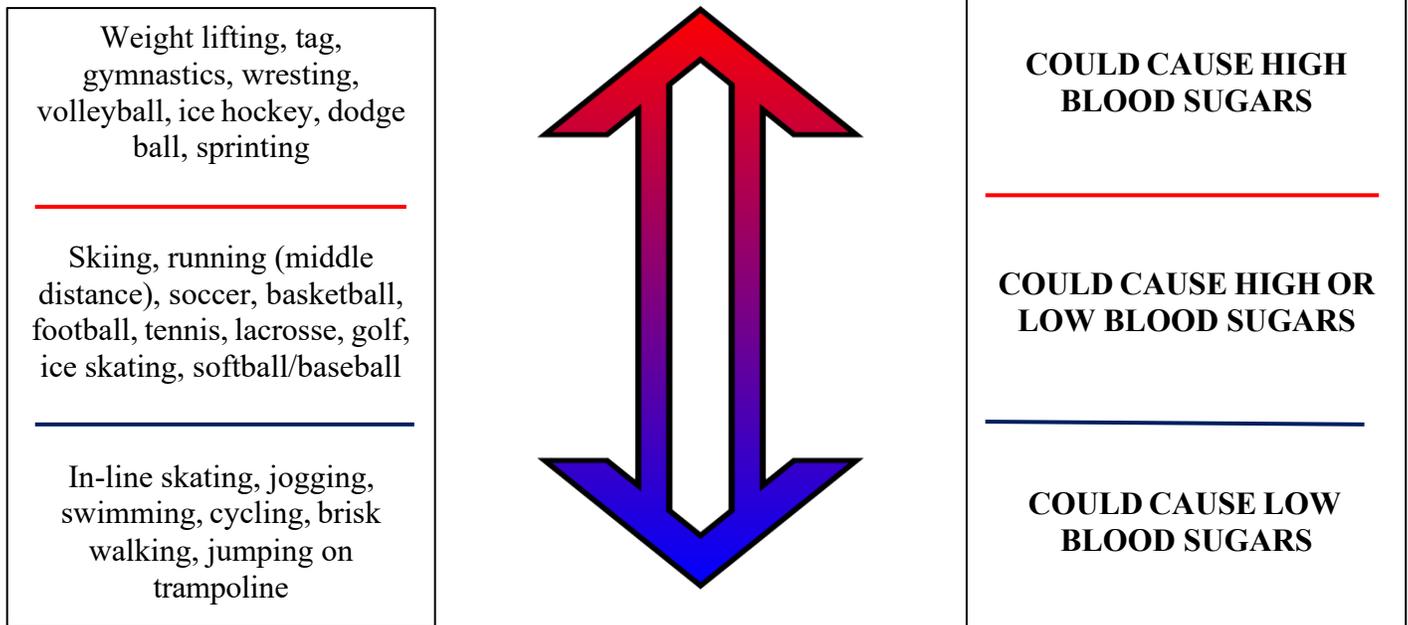
### Exercise recommendations

**60 minutes** or more of medium or high intensity aerobic activity every day

Activities to increase strength at least 3 days/week

Spend less time sitting by briefly standing, walking or doing other light activities after 30 minutes

**High/low blood sugars may be an issue depending on type, intensity and amount of time**



Use this RPE chart to judge the intensity of your activity

*More intense activity = more sugar burned*

1-2 "I just got off the couch"	Can talk/breath normally
3-4	Can carry on a conversation, light increased breathing
5-6	Can carry on a conversation, heavy breathing
7-8	Broken sentences, very heavy breathing
9-10	Can't talk, very heavy breathing

Decide how long you will be active  
*Longer time being active = more sugar burned*

For people with type 1 diabetes, care needs to be taken when being active. Each person will have different changes in blood sugar. It will be important to:

- Do activities for short amounts of time a first
- Check blood sugar before, during and after activity, or follow glucose levels on a sensor, to find out how your blood sugars change
- Check blood sugar at 12 AM and 3 AM on days you are more active to see if exercise lowers your blood sugar for a longer time - *If using a sensor, make sure glucose alerts are set*

### Blood Sugar Guidelines for Activity

Blood Sugar Before Activity	Action
Below 70	Treat with 15 grams of fast-acting carbohydrate and retest in 15 minutes- <b>NO ACTIVITY UNTIL BLOOD SUGAR IS ABOVE 70</b>
70-120	Take 15 grams of carbohydrate before beginning the activity-do not take insulin for these carbohydrates May need 15-30 grams of carbohydrate every 30 minutes during activity
121-239	No action-ok to exercise
240 or Above	Check for ketones - <b>DO NOT EXERCISE IF POSITIVE</b>
Over 400	<b>DO NOT EXERCISE</b>

**At bedtime**, the goal is to keep your blood sugar above 130 if activity was done later in the day

**A word about fluid intake:** Drinking enough before and during activity is important for everyone – recommendations on what to drink:

Blood sugar above 200 + lower intensity activities + shorter time = **sugar-free** liquids

Blood sugar below 200 + higher intensity activities + longer time = **sugar-containing** liquids