



Exercise and diabetes

Exercise is the best therapy for diabetes. Exercise can help you:

- Keep your blood glucose in your target range.
- Maintain a healthy weight.
- Have more energy and lower your stress.

Plan for Exercise:

- Check with your doctor before you start an exercise program.
- Choose activities you enjoy and think of ways to add more movement to your life.
- Take a bottle of water with you.
- Decide when you will exercise and write it on your calendar.
- Protect your feet. Wear cotton socks and make sure your shoes are a good fit.

Your Exercise Program

When?

The best time to exercise is 1 to 1½ hours after a meal.
Check your blood sugar before you begin to exercise.

- If it is low (under 90 mg/dl), have a snack with starch in it before you start.
- If your blood sugar is high (over 300 mg/dl), wait to exercise. Exercise may cause it to go even higher.

How much?

Aim for 30-60 minutes a day on 5 to 6 days a week.
Start with 5-10 minutes and work up to a longer time.
Include warm-up and cool-down time.

If you feel worse when you finish exercising than before you started, you have done too much. Scale back next time.

How hard?

You should be able to talk while you exercise.
Ask your doctor what your target heart rate should be.