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 Sleeper Avenue
Seattle, WA 98104

HMC
Diabetes Exercise
Tigrinia
AACS Patient Education

Funded in part through a grant from the Group Health Community Foundation
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 then 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.