

Diabetes and Exercise

What is it?

- **Exercise-** helps control weight, lowers blood sugar level, lowers risk for heart disease, increase overall health, feel better

Signs and Symptoms:

- **Hypoglycemia-** change in heartbeat, sweaty, feel shaky, anxious, hungry; if feel any of these stop exercising and follow your physician's advice

Medications:

- **Insulin-** exercise changes the way your body reacts to insulin
 - **Regular Exercise-** body is more sensitive to insulin, may cause hypoglycemia (low blood sugar), check blood sugar before and after exercising
 - **Temperature/Weather-** if hot or cold outside this changes how your body absorbs insulin

Facts:

- **Aerobic-** makes you breathe more deeply, heart works harder
 - **Examples-** aerobic dancing, jogging, bicycling, walking
- **Exercises if Nerve Damage-** bicycling, rowing, chair exercises, swimming

What can I do?

- **See your Health Care Provider**
- **See Registered Dietitian-** for help as needed
- **See FoodFitnessFirst.com Registered Dietitian-** on line for help
- **Start Slow-** talk with your Physician about what exercises to do, length of time, gradually increase the intensity and length of time
- **ALWAYS-** warm up for 5 to 10 minutes with walking or stretching at the beginning and end of your exercise class, wear good fitting shoes and socks, drink plenty of fluids to prevent dehydration, always keep a handy snack in case your blood sugar drops, check for blisters or sores on your feet or have someone else check your feet

