

# THE DOs AND DON'Ts OF PHYSICAL ACTIVITY

It is recommended that you have your health provider's support and a thorough physical examination before beginning a physical activity program. Your diabetes should be under control before starting a physical activity program.

## PHYSICAL ACTIVITY DOs



- Check blood sugar before and after physical activity
- Begin physical activity at a moderate level and progress slowly
- Know the signs and symptoms of hypoglycemia
- Wear diabetes identification
- Always carry a sugar source
- Engage in physical activity 10 to 15 minutes after a snack or 20 to 60 minutes after a meal
- Engage in physical activity 4 to 6 times a week
- Always warm-up and cool-down
- Monitor physical activity intensity
- Drink water to replace lost fluids
- To avoid foot problems, invest in good shoes and avoid cement surfaces if possible

## PHYSICAL ACTIVITY DON'Ts



- Don't engage in physical activity when you are not feeling well
- Don't engage in physical activity in extreme heat, cold or humidity
- Don't inject insulin into an area that will be stressed by physical activity
- STOP if unusual pain occurs
- Don't engage in physical activity during insulin peak times
- Don't engage in physical activity if blood sugar is 250 or more and ketones are present
- Don't drink alcoholic beverages before, during or after physical activity

### IF A REACTION OCCURS!

- STOP physical activity
- Test blood sugar
- Treat as needed
- Retest blood sugar and contact your doctor if reactions continue