



Your Diabetes and Exercise

Blood Sugar Monitoring

Test blood sugar before, after and 2 hours after when beginning a new exercise program

If blood sugar is less than 5.5 mmol/L before exercise and you take

- Insulin or Insulin Secretagogue
 - Eat 15-30 g carbohydrate
 - Depends on intensity, time and type of exercise
- Non – insulin
 - Monitor blood sugar during exercise

If your blood sugar is greater than 16.7 mmol/L before exercise and you have

- Type 1 – delay exercise
- Type 2 – If feeling well, DO exercise

Exercise checklist

- ✓ Water bottle
- ✓ Blood glucose monitor on hand – monitor as needed
- ✓ Glucose Tabs or 15g carbohydrate

Stop if you feel any of the following and contact your doctor:



- Chest pain or tightness
- Pain in your calf
- Nauseous, light-headed, dizzy
- Shortness of breath

Exercise Prescription

Cardiovascular Exercise

- Frequency
- | | |
|--|--------------------------------------|
| <input type="checkbox"/> 10 minute bouts, 3 x /day | <input type="checkbox"/> 3 days/week |
| <input type="checkbox"/> 30 minutes | <input type="checkbox"/> 5 days/week |
| <input type="checkbox"/> 60 minutes | <input type="checkbox"/> 7 days/week |

Intensity

This scale is used to measure the intensity of your exercise. The scale runs from 0-10 and relates to how easy or difficult an activity feels

0	1	2	3	4	5	6	7	8	9	10
Light			Moderate				Vigorous			
Able to sing			Breathing Deeply				Out of breath			
Able to sing			Able to talk, hard to sing				Hard to talk or sing			

Notes: _____

Resistance Exercise

- Frequency
- | | |
|---|--------------------------------------|
| <input type="checkbox"/> 1 set 8-10 exercises | <input type="checkbox"/> 2 days/week |
| <input type="checkbox"/> 2 sets 8-10 exercises | <input type="checkbox"/> 3 days/week |
| <input type="checkbox"/> 3 sets of 8-10 exercises | |

Intensity

This scale is used to measure the intensity of your exercise. The scale runs from 0-10 and relates to how easy or difficult an activity feels

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Light			Moderate				Vigorous			
Able to sing			Breathing Deeply				Out of breath			
Able to sing			Able to talk, hard to sing				Hard to talk or sing			

Notes: _____

- See qualified exercise specialist prior to starting resistance program

Date: _____

Practitioner's Signature: _____