

# Useful information about my diabetes and physical activity

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## Physical activity is good for me

- It increases my fitness
- It helps me to manage my diabetes better
- It's good for my bones
- It helps me to achieve a healthy weight
- It helps me to reduce the risk of very low blood sugars

## Physical activity is safe for me

- Regular physical activity will help regulate my blood sugars in the long-term
- Vigorous exercise increases the risk of hypos (episodes of low blood glucose) after physical activity. This can be avoided by changing the amount of insulin given beforehand, what I eat, and keeping a close eye on my glucose levels

## There are things that might be useful to know

- Physical activity can make my blood glucose levels go up or down. Different types of activity may affect it in different ways
- I need to keep an eye on my glucose levels to check that they are not going too high or too low
- If I am new to physical activity or newly diagnosed with diabetes, it is important for me to check my blood glucose before and after activity (and during if it lasts longer than 30 minutes)



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## There are things that might be useful to know (continued)

### Before exercise:

- My blood glucose level should be between 5-10mmol/L
- If my level is less than 5, then I may need some quick acting glucose such as a sports drink to boost it up

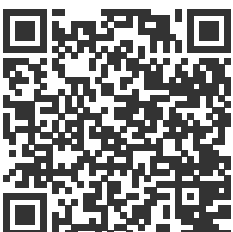
**If I know that my glucose usually drops low when I am physically active, I may need to decrease my quick acting insulin with my meal beforehand and/or reduce my background insulin rate.**

### After exercise:

- Hypos can happen several hours after exercising so I will need to keep an eye on my glucose levels, particularly if I have done an activity for the first time
- I may need to reduce the amount of insulin given with meals after exercising or reduce my background insulin

**If I am new to exercise, I may need to build up gradually.**

**Please talk to me or my parent or guardian for more specific information about my insulin regime, or if you have any questions or concerns.**



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