

Exercise and diabetes 101

Physical activity is recommended for individuals living with all types of diabetes. It's safe and healthy.

Exercise affects diabetes in two ways:

1. Helps control blood sugar levels

2. Improves cholesterol that's negatively impacted by diabetes

How much exercise should I get?

150 minutes of moderate intensity exercise

and/or

90 minutes of vigorous exercise each week

When should I check my blood sugar?

30 minutes before exercise

During exercise

30-60 minutes after exercise

Watch for low blood sugar during exercise

Bring a sugar snack with you in the event that you experience hypoglycemia. Symptoms of hypoglycemia include:

- Weakness
- Shaking
- Dizziness
- Heart palpitations
- Tiredness
- Changes in mood
- Hunger

Other important warning signs you may be overdoing it include headache, fatigue, shakiness, muscle cramping, visual changes, or lightheadedness.

The best exercises for diabetes

It's important to incorporate both **aerobic** and **strength training** into your exercise routine. Aim for three to five days of aerobic activity and two to three days of resistance exercises.

Aerobic exercise includes:

- Walking
- Using stairs instead of an elevator or escalator
- Swimming
- Biking
- Rowing
- Dancing
- Skating
- Raking leaves or gardening
- Cleaning

Resistance exercise includes:

- Lifting weights
- Resistance band exercises
- Body weight exercises like lunges and planks
- Balance training
- Yoga/Tai Chi
- Pilates

If you use insulin, make sure to consult with your healthcare provider about precautions to avoid too low blood sugar.