

# DIABETES AND EXERCISE:

## *EXERCISING SAFELY WITH DIABETES*

### BLOOD SUGAR CONCERNS:

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- » Increase fluid intake before, during, and after exercise.
- » Measure blood sugar before, during, and after exercise.
- » Follow the “15-15 rule” if your blood sugar is less than 100.
- » As a person increases their activity, the need for oral and injectable medications may lessen. Monitoring blood sugar regularly while you exercise is an important way to recognize these changes. If you see changes in your blood sugar as you exercise, you should talk about it with your provider.
- » Have a snack nearby in case of low blood sugar. (This probably won’t be needed for people who only take oral medication for diabetes management.)

### PEOPLE USING INSULIN:

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- » Plan to exercise at around the same time each day in relation to eating meals and insulin injections. This will keep your insulin levels steady.
- » Have a fast-acting sugar (like juice) nearby in case of hypoglycemic events.
- » Inject insulin in an area of the body that isn’t being focused on in your work out. For example, if you’re exercising the upper body one day, inject insulin in a lower body site.

### EYE CONCERNS:

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- » People with diabetes that have developed Diabetic Eye Disease, especially if it involves the retina, should avoid vigorous exercises or weight-bearing exercises that require you to “bear down.”

### FOOT CONCERNS:

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- » People with diabetes can develop reduced feeling in their feet (and hands). Because of this, there is a higher risk for injury.
- » Before you exercise, look carefully at your feet, checking for calluses, ulcers, cuts, and sores. If you see any, avoid walking on them and get in touch with your provider.
- » After you exercise, take off your socks and shoes, and look carefully at your feet, checking for any calluses, ulcers, cuts, and sores. If you see any, avoid walking on them and get in touch with your provider. If you don’t see any, clean and dry your feet, and put on a lotion or something that seals in moisture. If possible, try to avoid putting lotion between your toes because it can lead to infection. Instead put lotion on the tops and bottoms of your feet.

