

Get ACTIVE



What exercise does to your sugar...

- Activity will usually lower your blood sugar
- It helps your body use your insulin more effectively
- Your blood sugars will be more stable
- Exercise also helps to maintain your weight, keep you looking great and feeling more energetic

Watch out for HYPOs:

Activity	What to do
High energy exercise Eg. Soccer match, Ballet performance, Long hike	<ul style="list-style-type: none">• Test your blood sugar before• Eat a snack (20-30g carbs) Eg. A sandwich• Carry extra glucose for Hypos, Eg. Super Cs, apple juice, etc.• If you go low, decrease your insulin before you do the same activity next time by 30-40%
Medium energy exercise Eg. A jog, a slow cycle, playing with your friends	<ul style="list-style-type: none">• Eat a snack (10-15g carbs) Eg. A yoghurt• Carry extra glucose for Hypos
Low energy exercise Eg. Short walk,	<ul style="list-style-type: none">• Nothing special needed



How it works

Activity drops your blood sugar because the body uses the glucose for energy and to work your muscles. Your body needs to restore the sugar that your muscles have used. The muscles absorb glucose from your blood, so you may have a Hypo after you have finished exercising, even up to 24 hours later.

After Exercise

Check your blood sugar before bedtime and have a snack that evening to make sure that your glucose levels don't drop too low. For intense activity or if you have exercised for more than 60 minutes, you might need extra carbs to prevent you from going low, Eg. Milo or a peanut butter sandwich.

Everyone is different, so you may have to see what works for you. Keep trying, and soon you will be able to balance food, insulin doses and exercise. Remember, your healthcare team is there to help you if you get stuck, don't give up.

If your Blood Glucose is HIGH:



If your sugar is more than 14mmol, test for ketones!

If you have ketones, do not exercise! You do not have enough insulin and will damage your body.

- Test for ketones
- If positive, you need extra insulin and lots of fluid
- Contact your doctor or your educator