

Diabetes and Exercise

Exercise can help control diabetes by helping to keep blood sugar levels normal.

When you exercise, you move your muscles. Moving your muscles makes it easier for insulin (in-sa-lin) to get glucose (glu-kose) out of the blood and into your cells. Glucose is also called “sugar” and is your body’s main source of energy. Just like a car needs gas, your body needs glucose to work well.

Exercise can also help:

- control your weight
- lower your blood pressure
- keep your heart healthy
- help you sleep better
- lower stress



Guidelines for safe exercising with diabetes

1. Talk with your doctor about what type of exercise is best for you.

2. Test your blood sugar before you start exercising.

If your blood sugar is lower than 100, eat a snack like fruit or half a sandwich, so your blood sugar does not go too low.

Do not exercise if your blood sugar is over 250. Your blood sugar is too high and exercising can make it go higher.

3. Exercise can make your blood sugar go too low. Low blood sugar is also known as hypoglycemia (hi-po-gli-sea-me-a).

These signs may mean your blood sugar is too low:

- Feeling weak or tired
- Feeling hungry
- Feeling sweaty
- Feeling shaky
- Having a fast heart beat
- Feeling dizzy

4. Carry some food with you, like a piece of fruit, a juice box, 4 or 5 pieces of hard candy, or glucose tablets. Eat the food if you feel like you are having symptoms of low blood sugar.

5. Try to exercise every day.

If you can not exercise every day, try to exercise every other day. It's okay to start slow and work up to at least 30 minutes each day.



5. Wear something that says you have diabetes, like a necklace, bracelet or shoe tag. You can purchase these items at your local drugstore.

If you would like to learn more about diabetes, contact the
Diabetes Association of Greater Cleveland.

Ask to talk with an educator.



3601 Green Road, #100;
Cleveland, OH 44122

216-591-0800

Visit our website at: www.dagc.org