

Exercise and Diabetes



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Exercise is one way to help in the management of diabetes. The increase of blood sugar level and obesity may be a big problem which can lead to diseases of the heart and the blood arteries.

Exercise Helps In :

- Controlling body weight
- Avoiding heart problems
- Decreasing blood sugar level
- Controlling the blood pressure and fat level in the blood

Exercise Also Helps :

- To look and feel better
- Develop bones and muscles

The Beginning :

Find an activity that you like to do because you may not be inclined to do something which u dislike.

- Bicycle riding
- Walking
- Dancing
- Swimming



Try to exercise with a friend, this will make your time enjoyable.

Exercise with your family as it is good for everyone.

Consult with you doctor before you start exercising. Your doctor will tell you how to select an exercise program which suites you.

Make sure you always carry a health card that shows you are a diabetic incase of an emergency.

You have to exercise continuously preferably at a fixed time, or whenever you find time, but you have to exercise 4-5 times weekly for 20-30 minutes per session.

Wear proper fitting shoes and thick socks, this will help avoid your feet from cracking.

Start your session with warm-up exercises for 5-10 minutes like body stretching and then speed up your exercise whenever you feel you are ready.



Drink a lot of water before and during exercise. It is better to start your exercise at least 60-90 minutes after a meal.

Stop immediately if you feel pain, tiredness, weakness or have difficulty in breathing. Before you restart, consult with your doctor. There might be another problem.

Blood Sugar Level and Exercise:

Diabetics who are using insulin or tablets to control blood sugar might face a severe drop when exercising. Make a blood test before starting any exercise if you are on insulin or tablets.

Eat a light meal if your blood sugar level is less than 100 mg/ml.

Eat another light meal if you are exercising for more than an hour.

If it is time for your insulin dose or tablet, take it with a quick meal to provide you with sugar while exercising.



You should eat these immediately in case you feel any symptoms of Hypoglycemia:

- Candy or Ice cream
- Sugar cubes
- Box of biscuit

Some people who are under insulin or tablet treatment may have a drop in their blood sugar level after a period of time beyond completing their exercise. It is therefore desirable to measure the blood sugar level a number of times after exercise.

If you are on insulin, you should not inject those parts of your body which underwent exercise because these parts will absorb the medicine faster without uniform distribution to other parts of the body.

Example: Do not inject in the legs if you have just run.

Ask your doctor about anything that may come to your mind regarding your exercise plan. Your doctor is always ready to help you.

Always Consult with your doctor and ask for his help.



