

# Blood sugar and physical activity



## Tips

- ✓ The best time to exercise is 30 minutes to 1 hour after a meal.
- ✓ Skip alcoholic drinks before or during exercise.
- ✓ Pick a time to exercise that is before or after the peak of your insulin.
- ✓ Do not inject insulin into a part of the body you will be exercising.
- ✓ Eat a snack before and while exercising, if appropriate.

### If your blood sugar level is:

Less than 80 mg/dL

80-120 mg/dL

120-250 mg/dL

Over 250 mg/dL

Over 400 mg/dL

Check for ketones if you have type 1 diabetes

### Then...

#### Eat a large snack:

1 cup skim milk, 2 Tbs. peanut butter, and 6 crackers

Wait 10 -15 minutes and recheck blood sugar. If blood sugar is greater than 120, OK to exercise.

Eat a small snack, such as an apple or crackers, before you start.

Yes, exercise!

**BE AWARE.** Blood sugar may increase OR decrease after exercise. Monitor your blood glucose closely, especially 4-6 hours after exercise.

**Do not exercise.** Your blood sugar level may be a sign of an illness or infection.

**Do not exercise if your ketones are moderate to large.**

Rest and drink water, unless otherwise instructed by health care provider .