

## How to reduce the risk of hypo

- Increase the amount of carbohydrate you would normally have for the meal before you exercise. For example, if you go swimming in the morning, increase the amount you have for breakfast. For further advice about food, speak to your dietitian.
- Reduce the amount of insulin you have before physical activity - this takes some practice. You can get more advice on this from your diabetes specialist nurse.
- Do not inject insulin into the area close to the muscle that you will be using during activity as the insulin will be absorbed more quickly. For example, if walking or running, avoid injecting into your leg.

### Remember

- Carry a diabetes identity card
- If you are doing physical activity with other people, tell someone you have diabetes and what to do in the event of hypoglycaemia
- Always carry dextrose tablets or some other fast-acting sugar with you

# Physical activity and diabetes





## Physical activity is an important part of a healthy lifestyle for people with diabetes

Physical activity helps to maintain normal blood sugar levels and can also be beneficial for blood pressure control and weight management, therefore reducing the risk of developing complications of diabetes.

***It is recommended to aim for a minimum of 30 minutes activity five times a week.***

### Examples of activity

- Walking to the shops/work
- Sports
- Dancing
- Swimming
- Household jobs/gardening
- Cycling

***Every form of physical activity counts, find an activity you enjoy!***

If you participate, or would like to participate, in strenuous sports such as long distance running, cycling, swimming or weight training, or you are training for an event that involves strenuous activity, you will need to seek specialist advice from your diabetes healthcare team.

### Before you start

Diabetes does not mean that you cannot become more active. However, there are a few things you need to consider.

- If you take medication for diabetes, such as tablets or insulin, you may be at risk of hypoglycaemia (hypo), as during activity your body uses up more energy
- If you take medication for your heart or have a heart condition, speak with your doctor/nurse before increasing activity

If you have any other health conditions and are concerned about increasing your physical activity, or just want some general advice, speak to your healthcare team.

### Blood glucose monitoring

It is very important to monitor your blood glucose levels regularly when doing physical activity. You should test blood sugar levels before you start, while you are doing activity, and for several hours after you have finished.