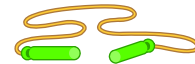


PHYSICAL ACTIVITY

BENEFITS:

1. **Lowers blood glucose** levels by helping your body use insulin.
Active muscle cells use more sugar.
Fat cells do not like insulin or sugar because they are not active cells --- **INSULIN RESISTANT**.
Regular physical activity can stop or reduce the cells need for diabetes medication.
2. **Decreases** risk of **heart disease**.
3. **Reduces stress** and **increases** your overall sense of **well being**.

Before you start to increase your level of physical activity, always consult your health care provider.

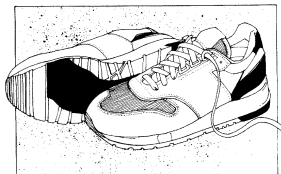


GOAL:

30 minutes of physical activity **5-7 days a week**.

FACTS:

Following your last exercise session, your blood glucose can be lowered for 12-72 hours.
Physical activity periods can be as short as **10 minutes, 3 times a day** and still help your heart and blood glucose.



SAFETY TIPS:

1. Wear a **medical ID**
2. Plan your physical activity for **1-2 hours after a meal** when your blood glucose is at its highest.
3. Make sure that *someone knows* **where you will be** and *what to do* if you have a low blood glucose.
4. Keep **15 grams** of fast acting carbohydrates (glucose tablets or hard candy) with you at all times. If the activity is to last *longer than one hour*, carry peanut butter or cheese crackers with you.
5. Check your blood glucose after exercise.
6. Remember, **if a low blood glucose occurs with exercise, tell your healthcare provider**. Your medications may need to be lowered.
7. If your blood glucose is greater than 250, check for ketones (urine/blood) and if present, **DO NOT EXERCISE**.