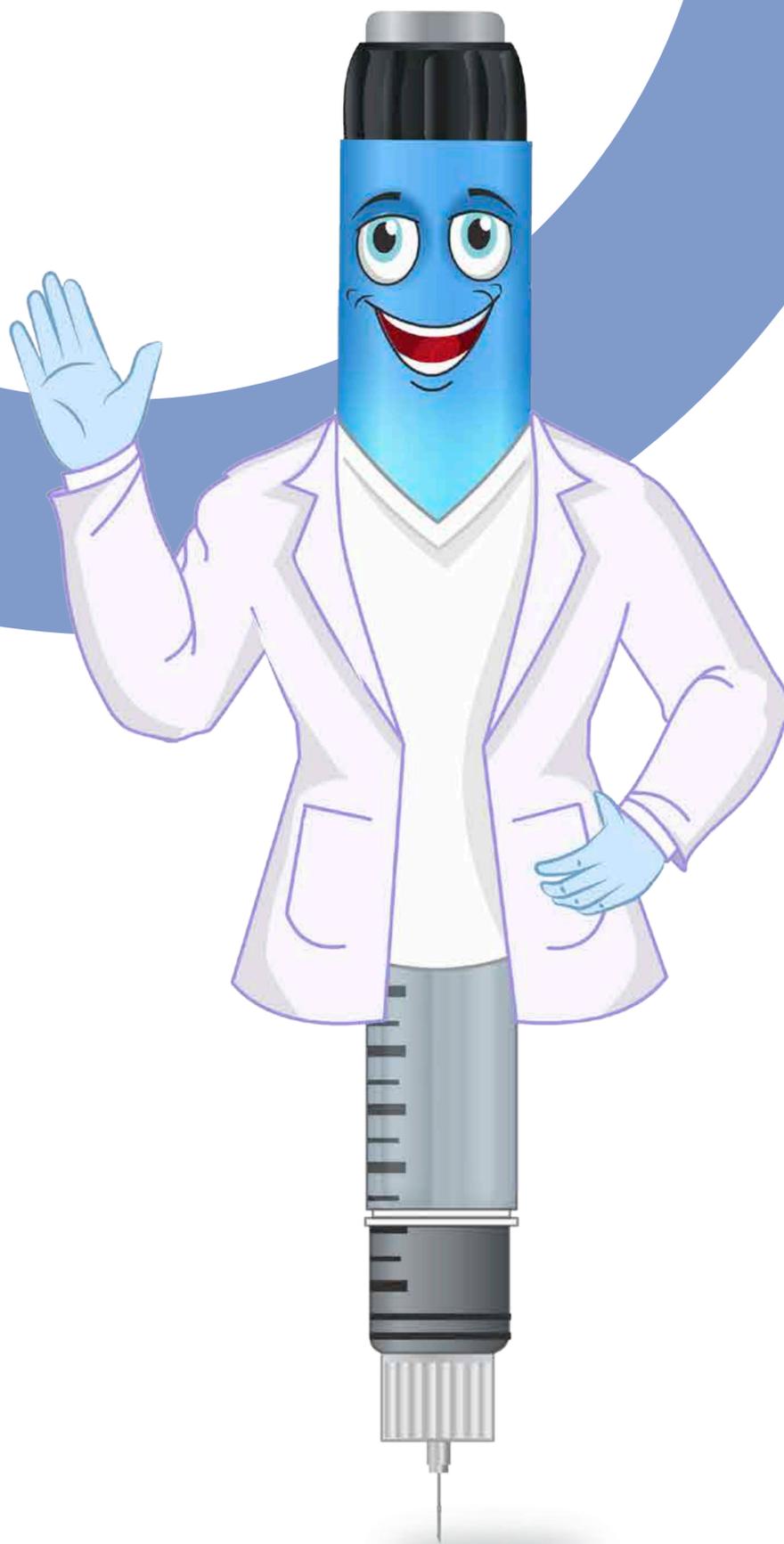


# MyCARE

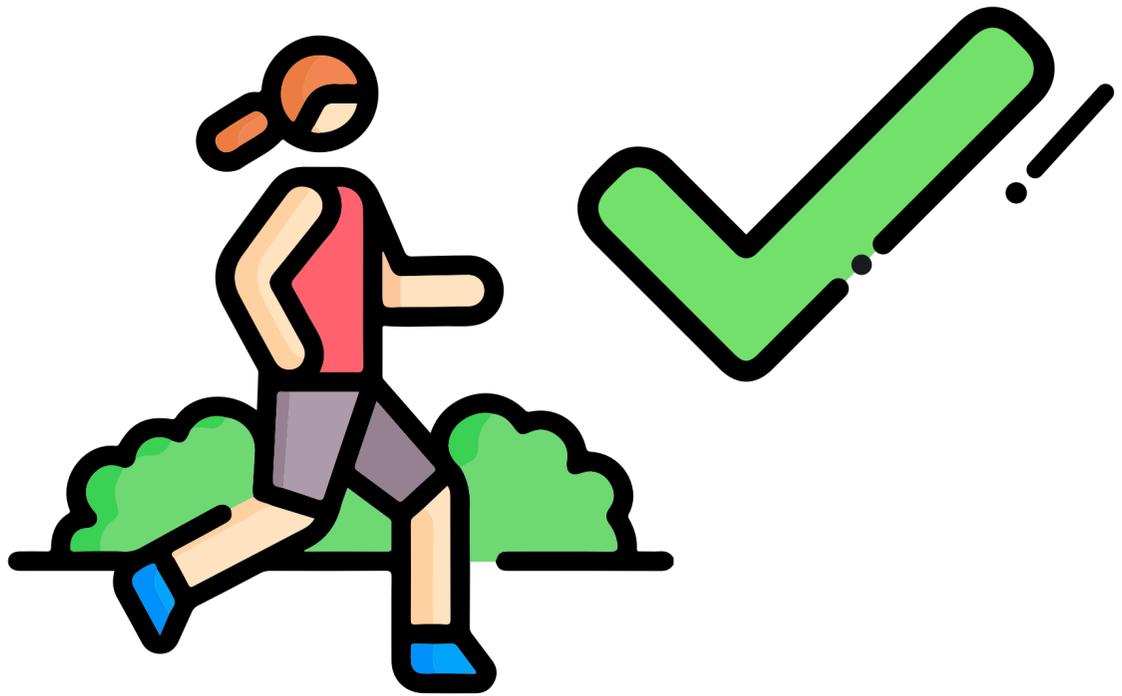
With me, every step of the way



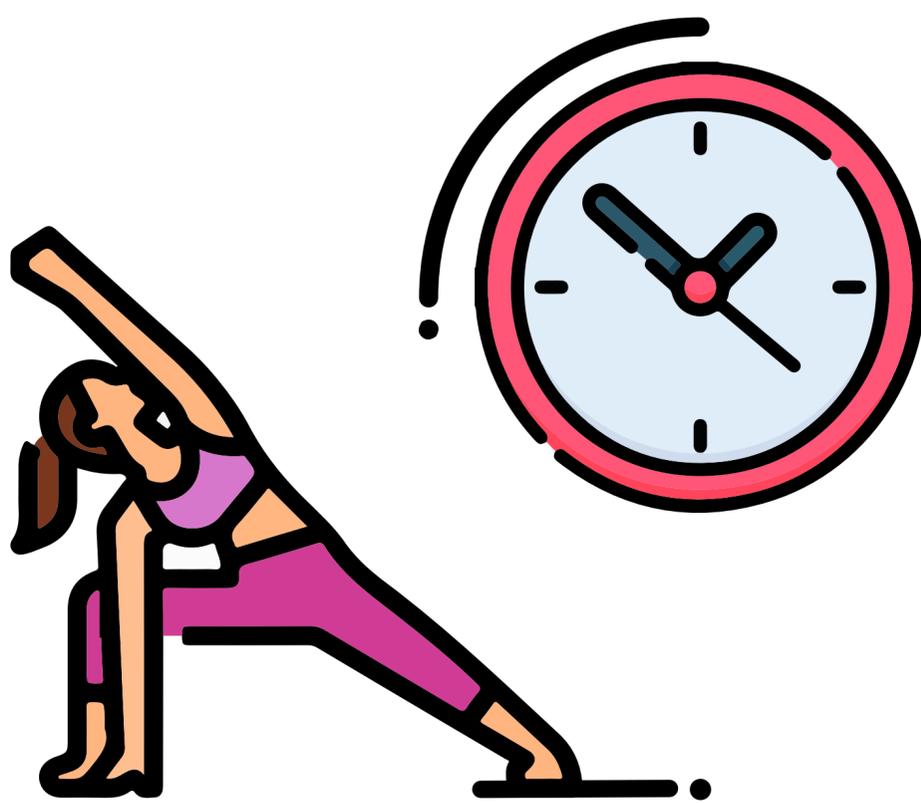
“ Let’s understand the  
**IMPORTANCE OF EXERCISE**  
**IN TYPE 2 DIABETES** ”



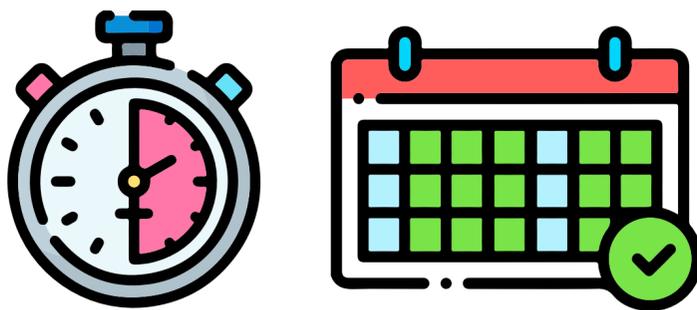
**EXERCISING HELPS THE  
INSULIN TO WORK MORE  
EFFECTIVELY** and therefore  
helps in lowering your blood  
sugar levels



**150 MINUTES OR MORE** of moderate-to-vigorous intensity aerobic exercise per week is recommended

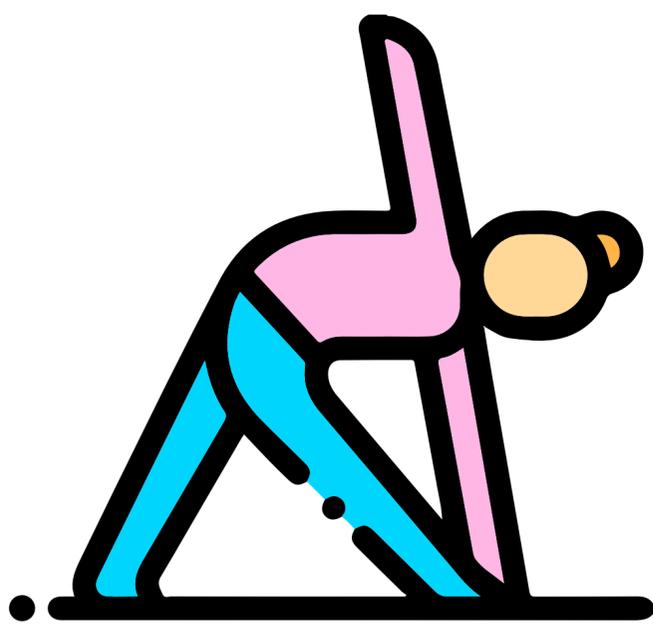


You can begin with  
**30 MINUTES OF ACTIVITY,  
5 DAYS A WEEK.**

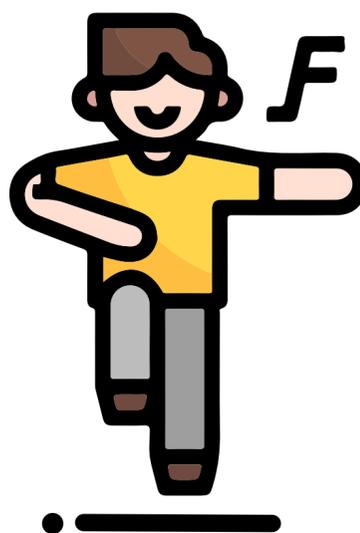


**Note:** Activity should not be skipped for more than 2 days together

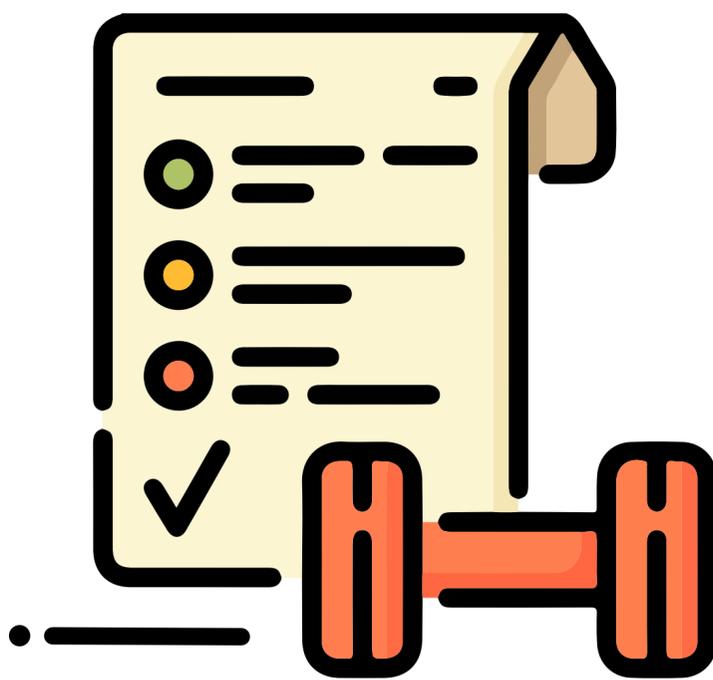
**AEROBIC EXERCISES ARE OF LESSER INTENSITY AND LONGER DURATION,** where your blood sugar levels may drop.



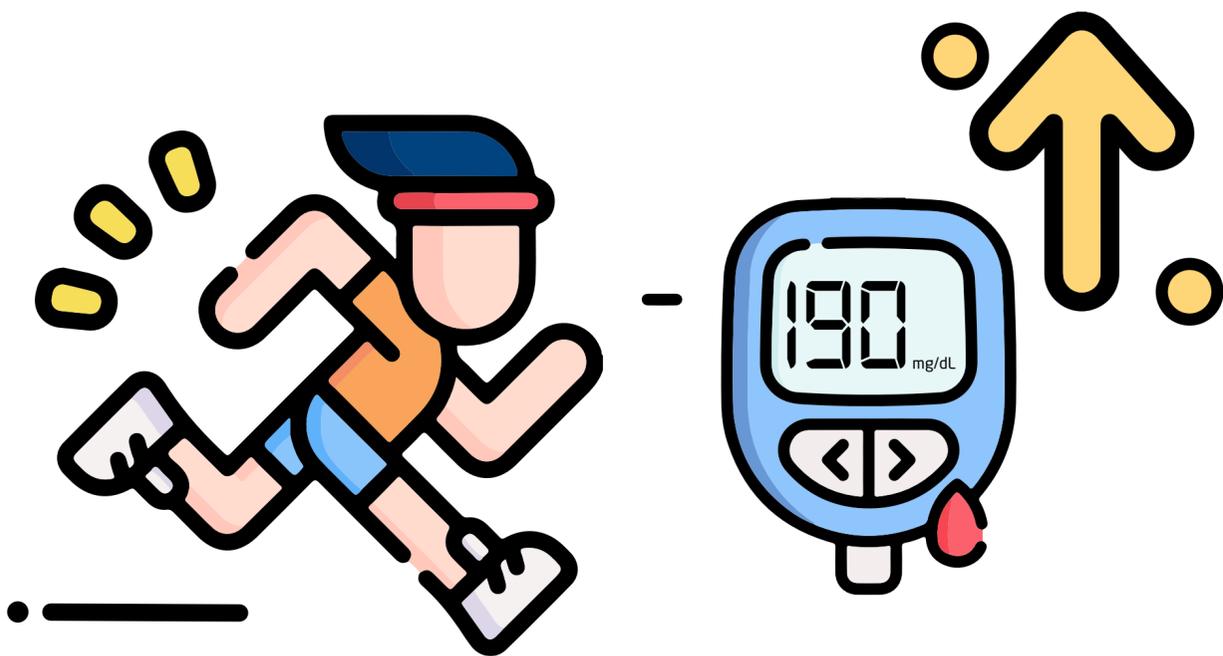
These exercises include  
**WALKING, JOGGING,  
CYCLING, ZUMBA** and  
**SWIMMING.**



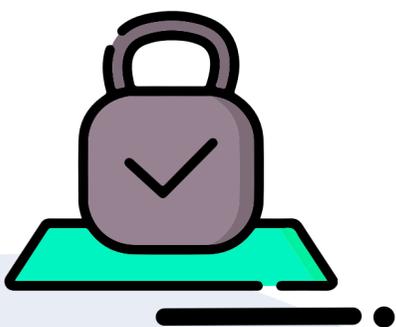
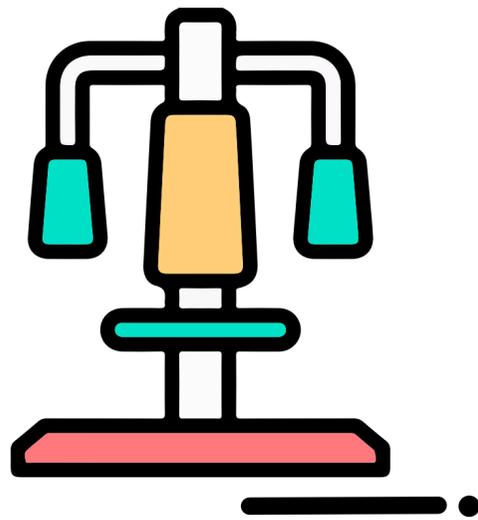
You should also **ENGAGE IN 2-3 SESSIONS OF STRENGTH TRAINING PER WEEK** on non-consecutive days



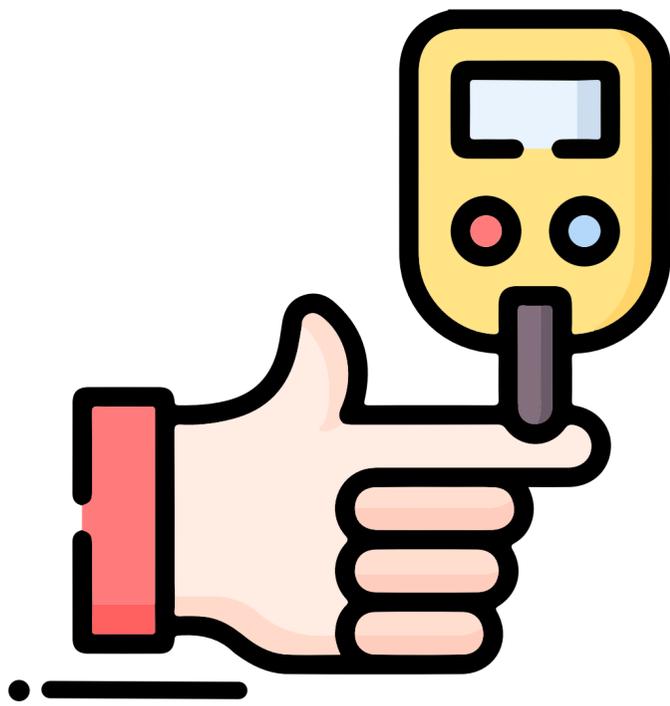
**STRENGTH TRAINING EXERCISES ARE OF HIGH INTENSITY AND SHORT DURATION,** and may cause a temporary spike in your blood sugar levels.



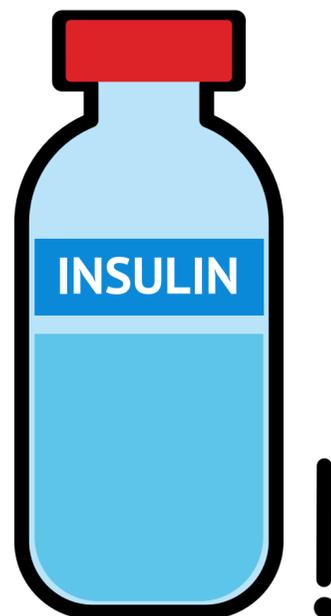
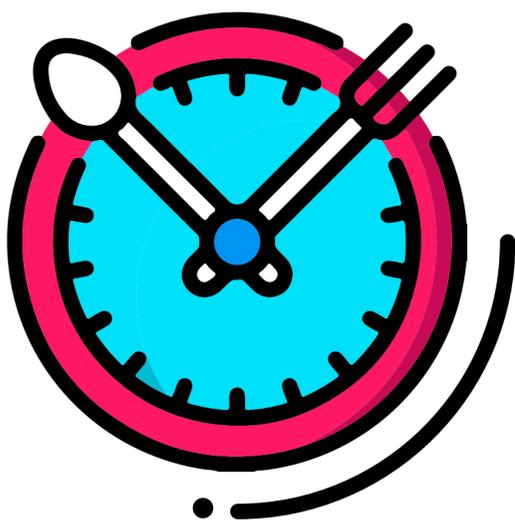
These exercises include  
**SQUATS, LUNGES, FREE  
WEIGHTS, WEIGHT  
MACHINES, RESISTANCE  
BANDS, HIGH INTENSITY  
INTERVAL TRAINING (HIIT)**  
and **SPRINTING.**



You should **ALWAYS CHECK YOUR BLOOD SUGAR LEVELS** before, during and after each session.



Your blood sugar levels can be maintained in a normal range by **ADJUSTING YOUR FOOD INTAKE** and **INSULIN DOSAGE** with your workouts





## CAUTION

If you have never exercised before or have been inactive for a long time, make sure to consult your doctor, review your Insulin dose and take his approval before starting on a new exercise regime.

Certain exercises may not be safe for some people with any other health disorder due to diabetes. Before beginning a new exercise regimen, it is best to consult with your doctor/ diabetes educator.

“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator.** ”



# MyCARE

With me, every step of the way

## Reference

- American Diabetes Association; Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers. Clin Diabetes 1 January 2022; 40 (1): 10-38. <https://doi.org/10.2337/cd22-as01>
- Colberg SR, Sigal RJ, Yardley JE, et al. Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. Diabetes Care. 2016;39(11):2065-2079. doi:10.2337/dc16-1728
- Get Active- Diabetes. Centers for Disease Control and Prevention. (2021). Retrieved 21 July 2022. Available at <https://www.cdc.gov/Diabetes/managing/active.html#:~:text=If%20you%20have%20Diabetes%2C%20being,heart%20disease%20and%20nerve%20damage.>
- ADA. Blood Sugar and Exercise. Available at <https://www.Diabetes.org/healthy-living/fitness/getting-started-safely/blood-glucose-and-exercise>

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