

MyCARE

With me, every step of the way



It is important to take
**PRECAUTIONS IN TYPE 2
DIABETES WHILE
EXERCISING**



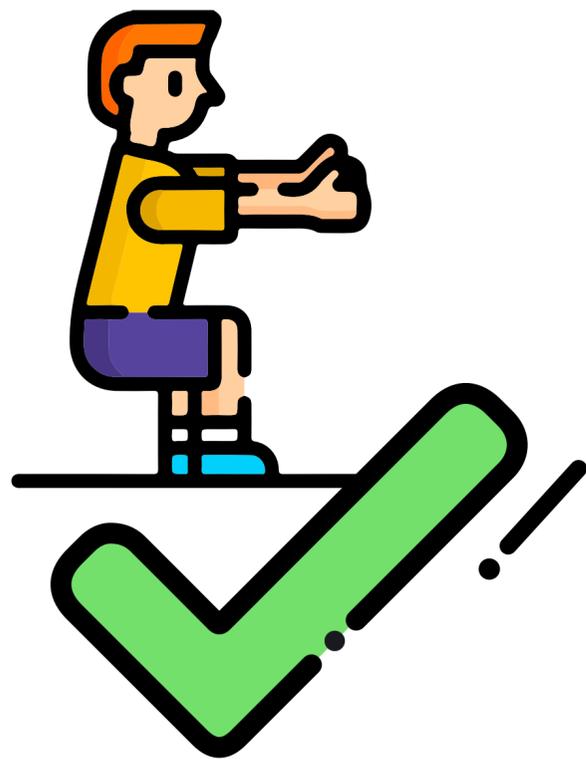
**CERTAIN EXERCISES MAY
NOT BE SAFE** for some
people with any other health
disorder due to Diabetes

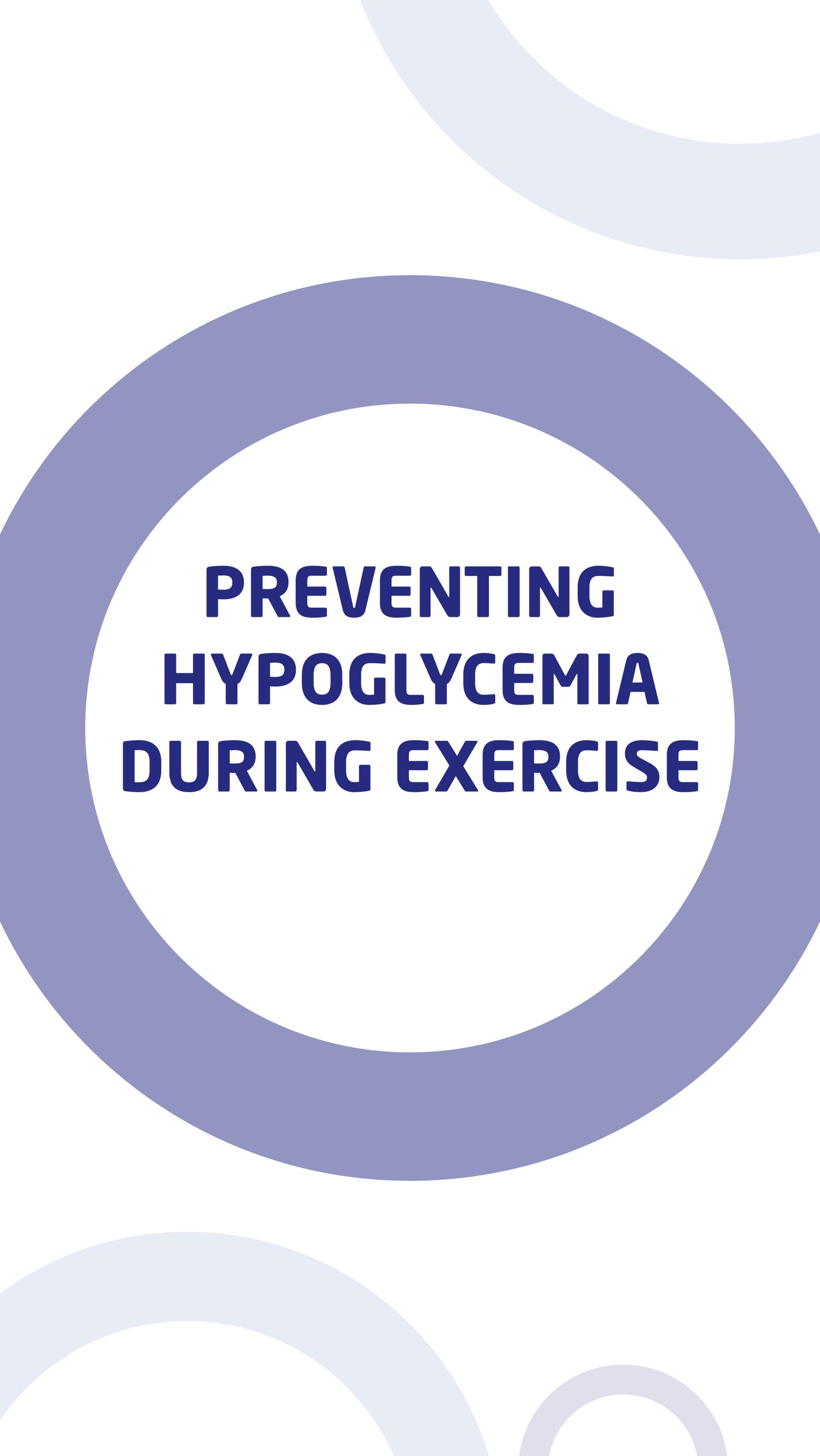


Before beginning a new exercise regimen, it is best to **CONSULT WITH YOUR DOCTOR/MyCARE DIABETES EDUCATOR.**



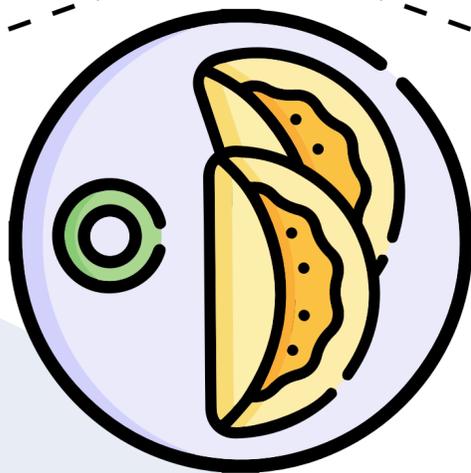
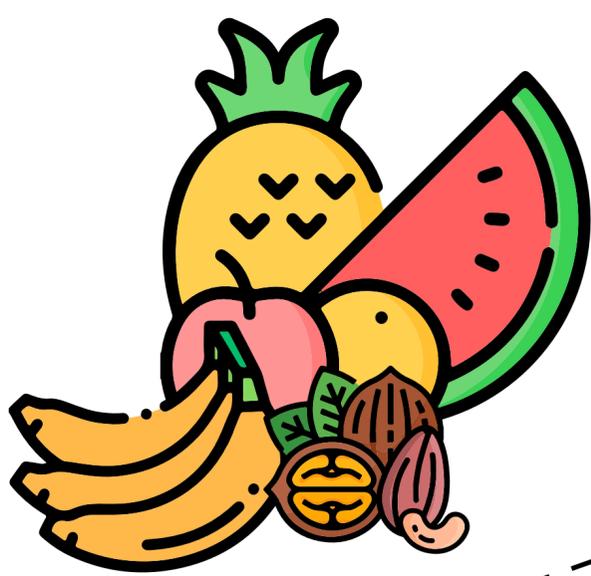
THEY WILL BE ABLE TO ADVISE YOU ON SAFE EXERCISE OPTIONS and help you with adjusting your meals, snacks and Insulin dosage to keep your blood sugar levels within a normal range.



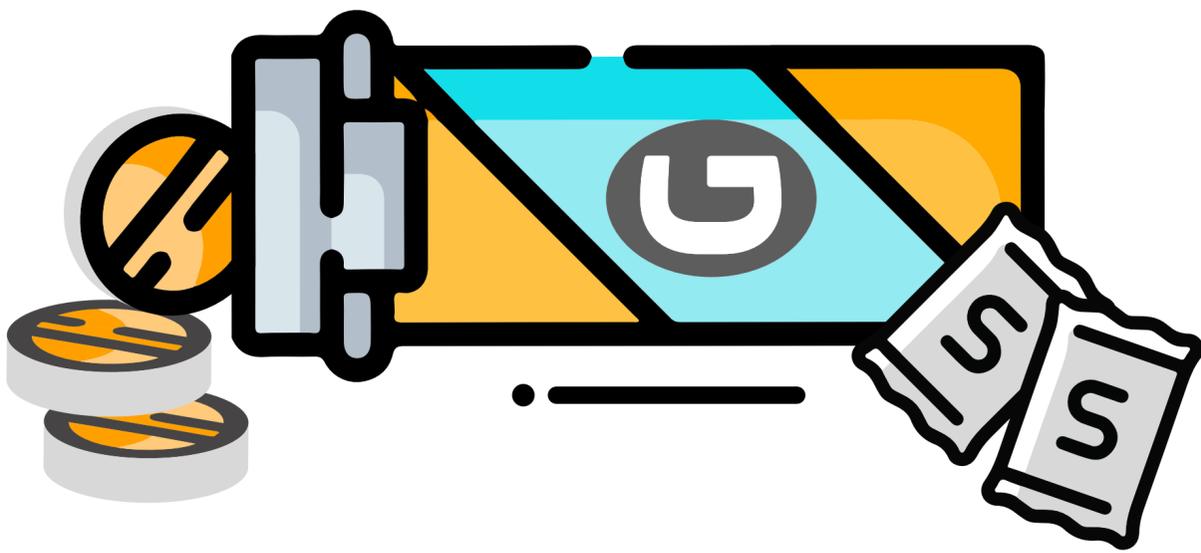


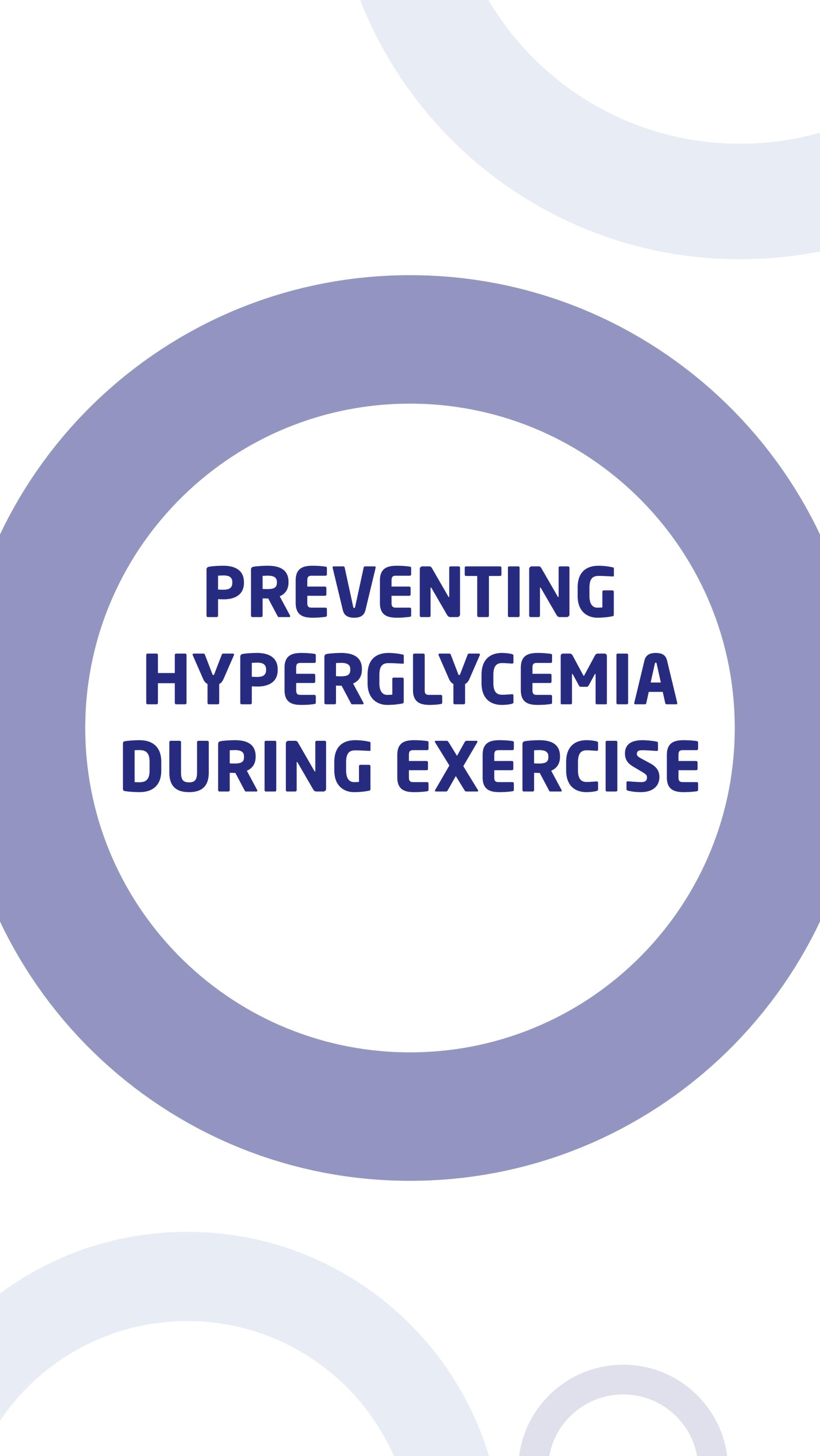
**PREVENTING
HYPOGLYCEMIA
DURING EXERCISE**

If your blood sugar is <math><100\text{ mg/dL}</math> prior to exercise, **HAVE A SMALL CARBOHYDRATE-RICH SNACK** (15-20g carbs), like 1 portion of fruit with nuts, 1 paneer/egg wrap, 2 small dal chillas, etc.



**ALWAYS KEEP YOUR HYPO
KIT HANDY** with you while
going for your workouts

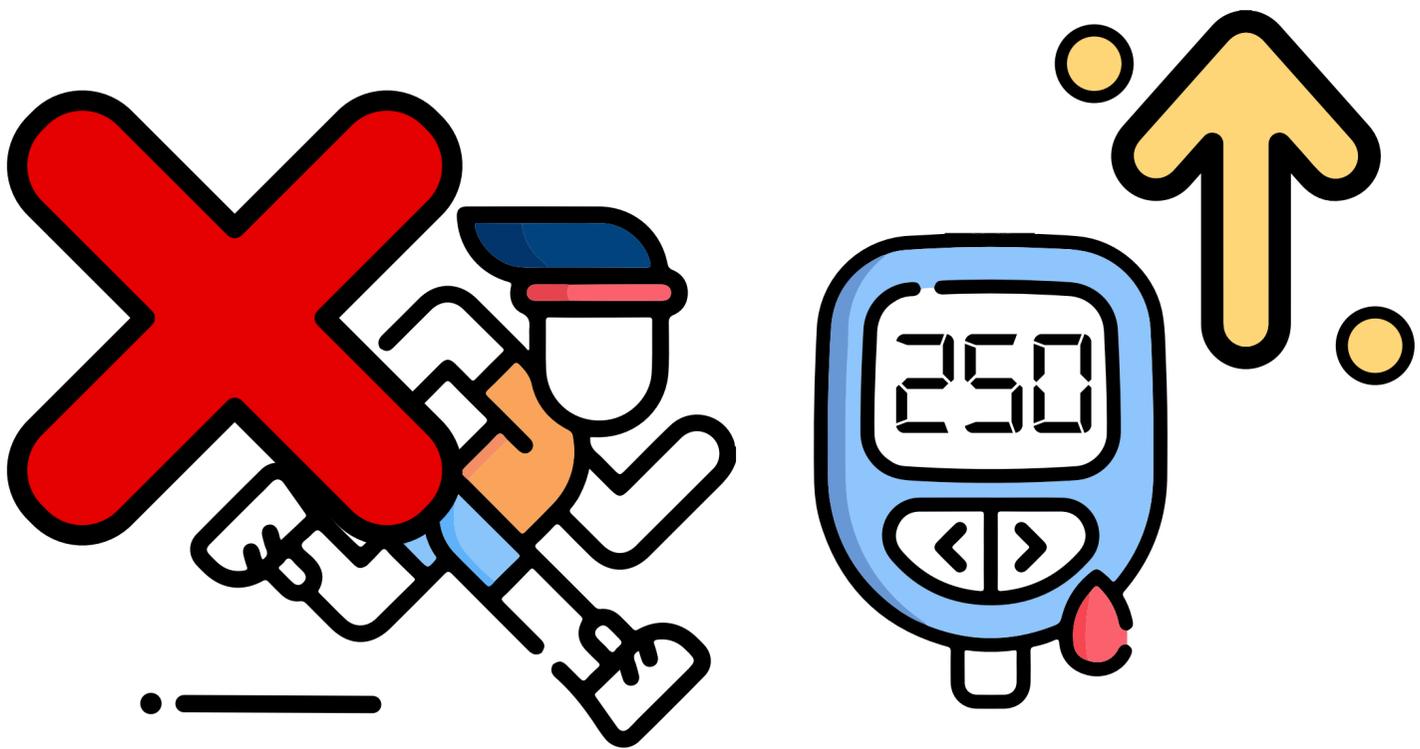


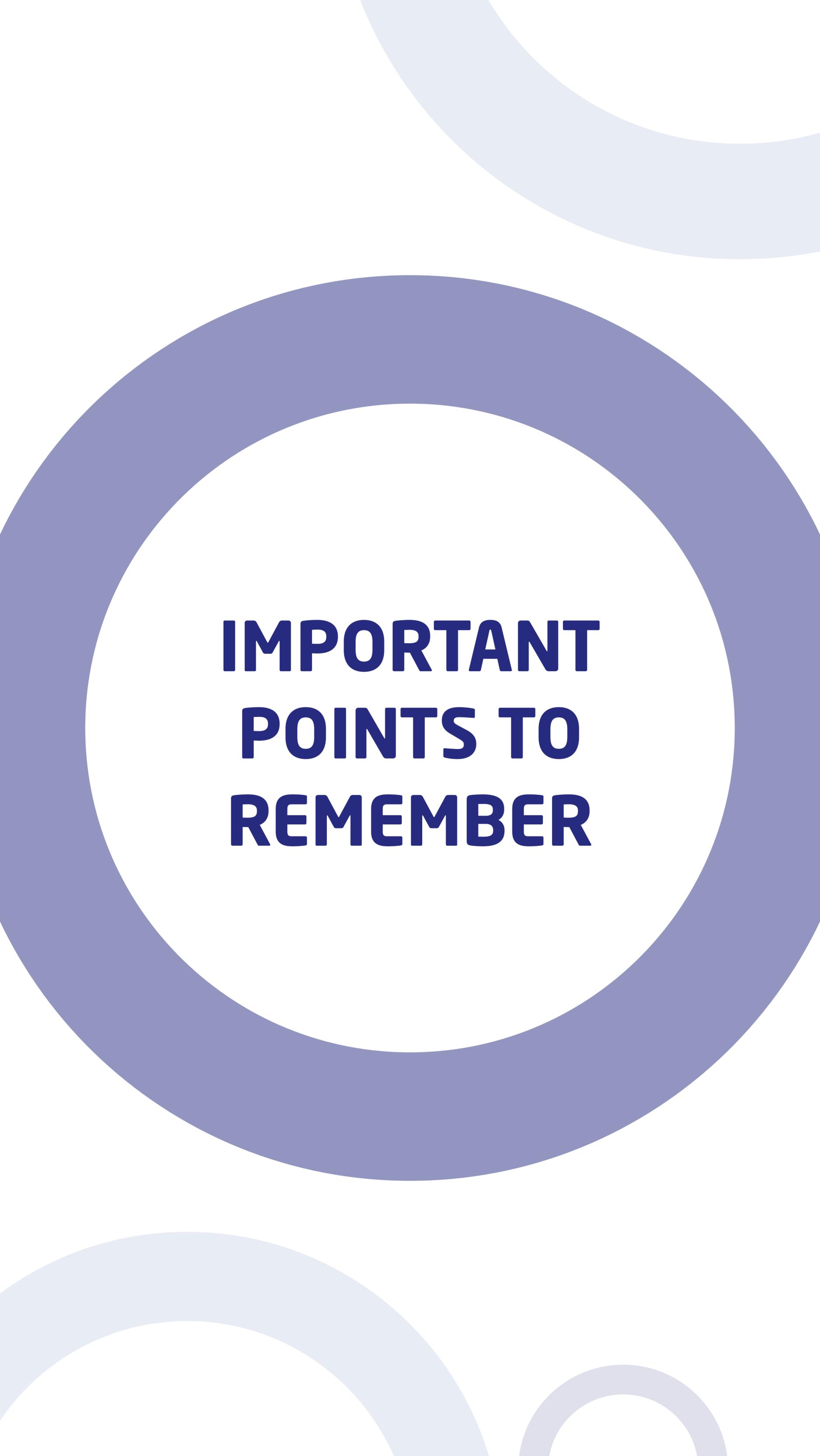


**PREVENTING
HYPERGLYCEMIA
DURING EXERCISE**

AVOID EXERCISE IF BLOOD SUGAR LEVELS ARE

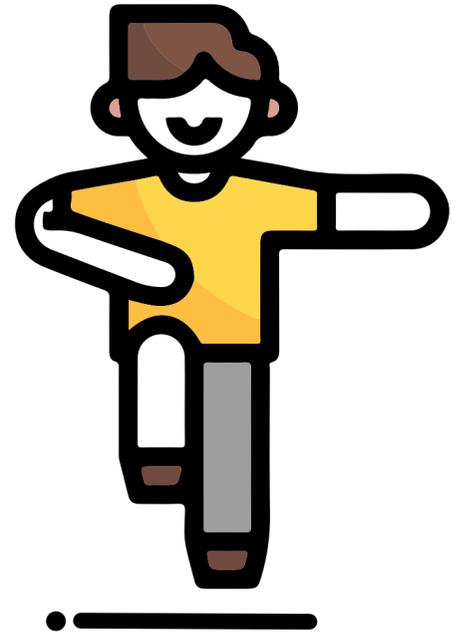
>250mg/dL. First, correct the high sugar and when it comes to normal range, proceed to exercise.





**IMPORTANT
POINTS TO
REMEMBER**

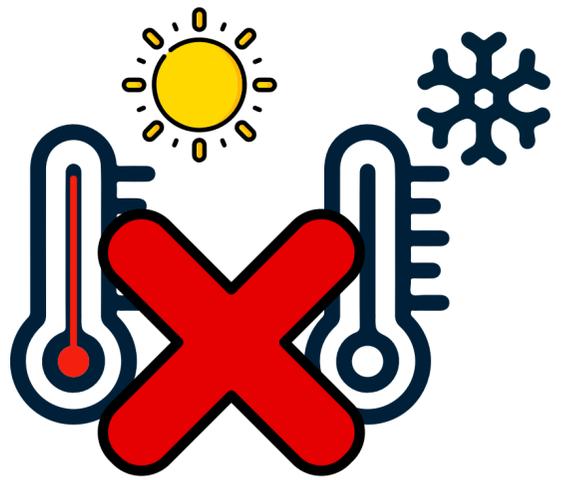
ALWAYS START WITH LOW-INTENSITY WARM-UP and end with a cool-down, especially during vigorous exercise.



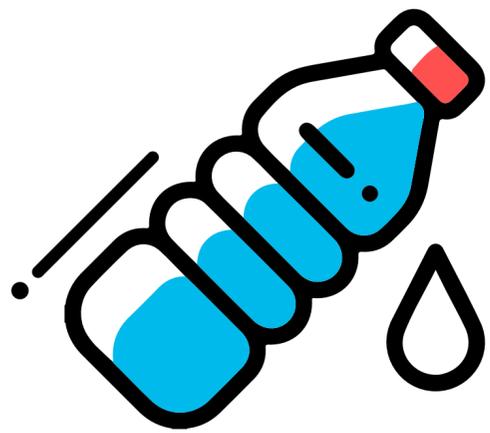
USE PROPER FOOTWEAR, and wear cotton socks that are comfortable and not too tight.



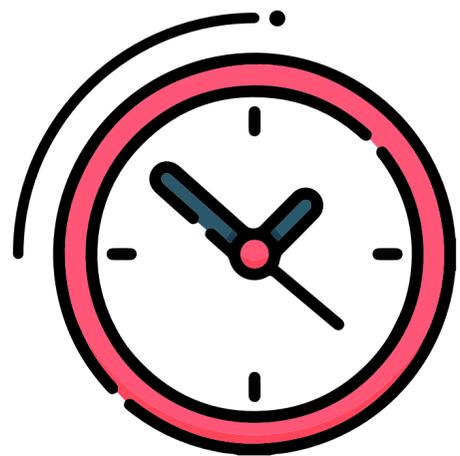
**AVOID EXERCISING
IN EXTREME** hot or
cold conditions



**KEEP YOURSELF
WELL HYDRATED**
before, during and
after exercise.



**TRY AND KEEP A
FIXED TIMING** for
exercise daily



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



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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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