

MyCARE

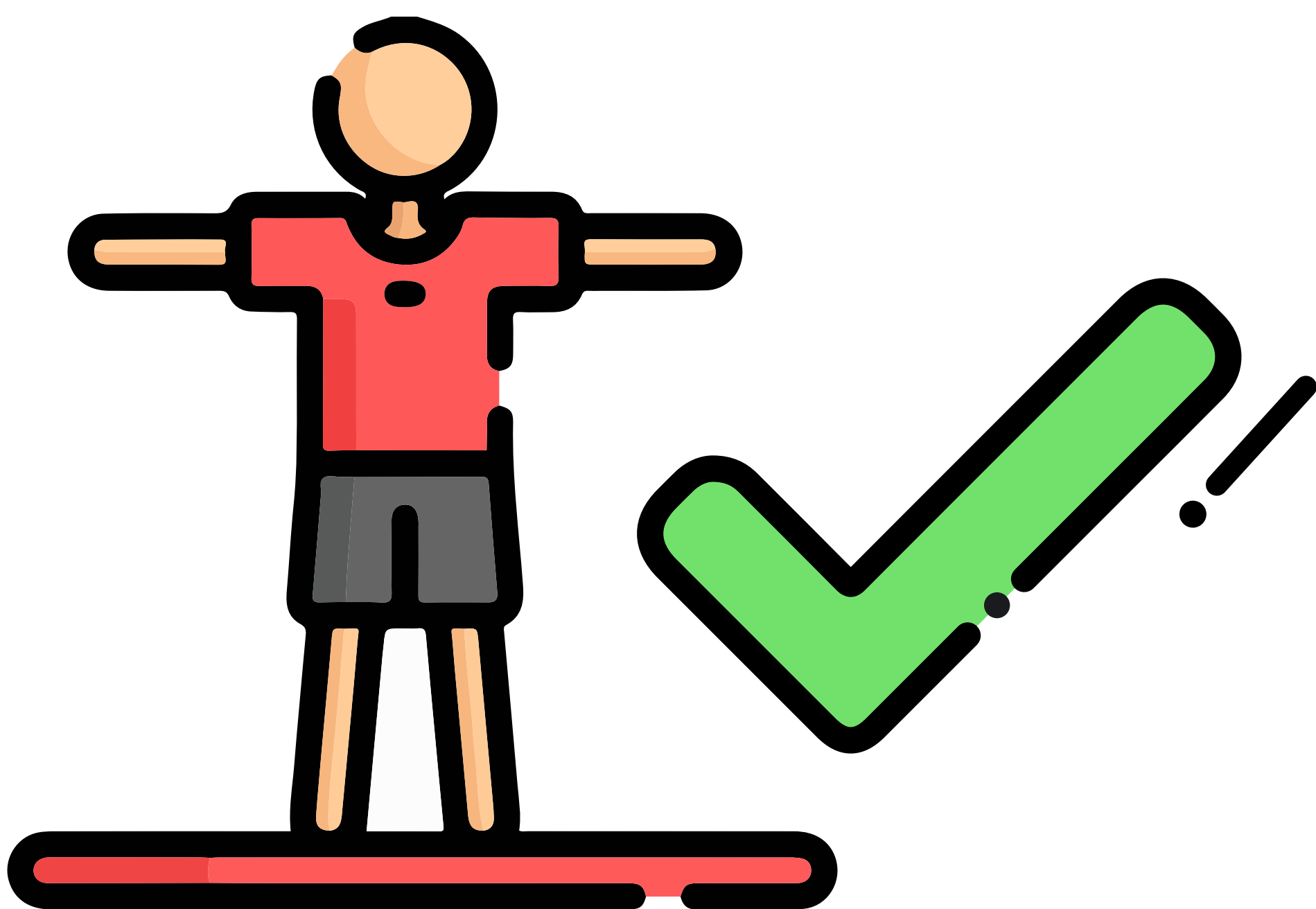
With me, every step of the way



“ ପ୍ରତି ଥର ବ୍ୟାୟାମ କରିବା
ପୂର୍ବରୁ, ସମୟରେ ଓ ପରେ
ନିଜର ରକ୍ତ ଶର୍କରା ସ୍ତରକୁ
ଯାଞ୍ଚ କରିବା ଗୁରୁତ୍ବପୂର୍ଣ୍ଣ ”



ବ୍ୟାୟାମ କରିବା ନିମନ୍ତେ ଏଠାରେ
ଆପଣ କିପରି ନିରାପଦ ଓ ସୁସ୍ଥ
ରହିପାରିବେ ତାହା ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ



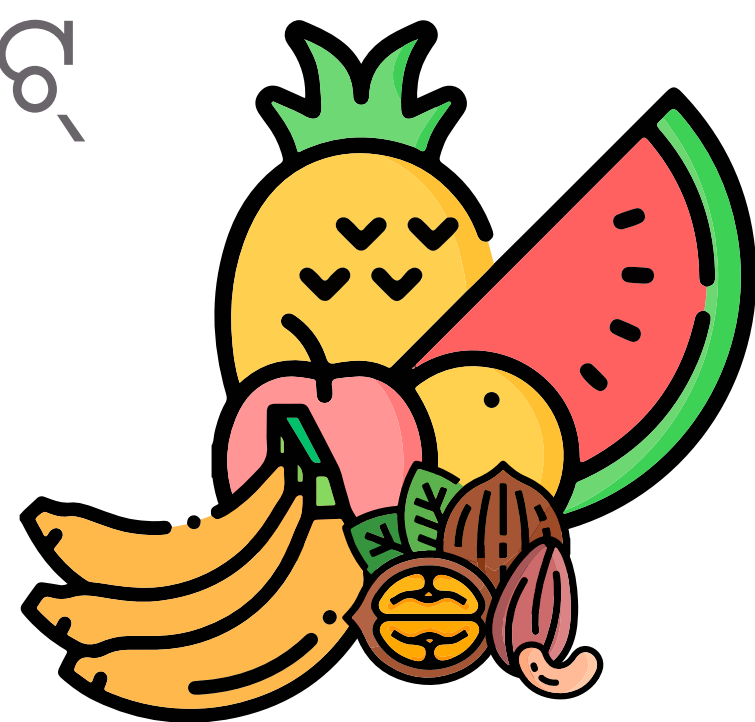


ବ୍ୟାୟାମ ପୁସ୍ତକ

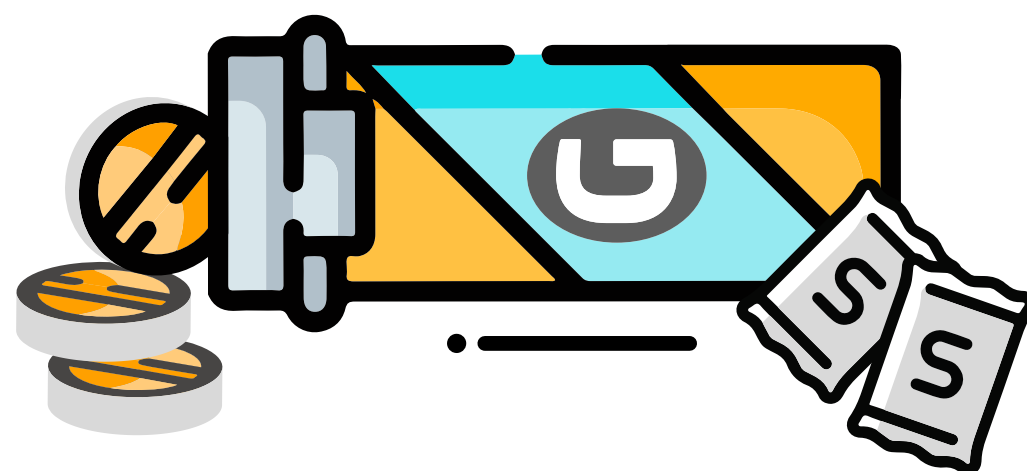
ନିଜର ରକ୍ତ ଗ୍ଲୁକୋଜ୍ ସ୍ତର (ବିଜିଏଲ୍)
କୁ 90–180 ଏମଜି/ଡିଏଲ୍
ମଧ୍ୟରେ ରଖିବାକୁ ଚେଷ୍ଟା କରନ୍ତୁ



ଯଦି ବିଜିଏଲ୍ <90 ଏମଜି/ଡିଏଲ୍
ରହେ କିମ୍ବା ଯଦି ବ୍ୟାୟାମ 45 ମିନିଟ୍
ଧରି କରୁଥାନ୍ତି ଏଥିରେ 10–20
ଗ୍ରାମର କାର୍ବୋହାଇଡ୍ରେଟ୍‌ସ୍ ଯଥା
1 ଅଂଶର ଫଳ ସହିତ ବାଦାମ,
1 ପନୀର/ ଅଣ୍ଡା ରାଫ୍, 2 ଟି ଛୋଟ
ଡାଲି ଚିଲା ଇତ୍ୟାଦିକୁ ରଖନ୍ତୁ।



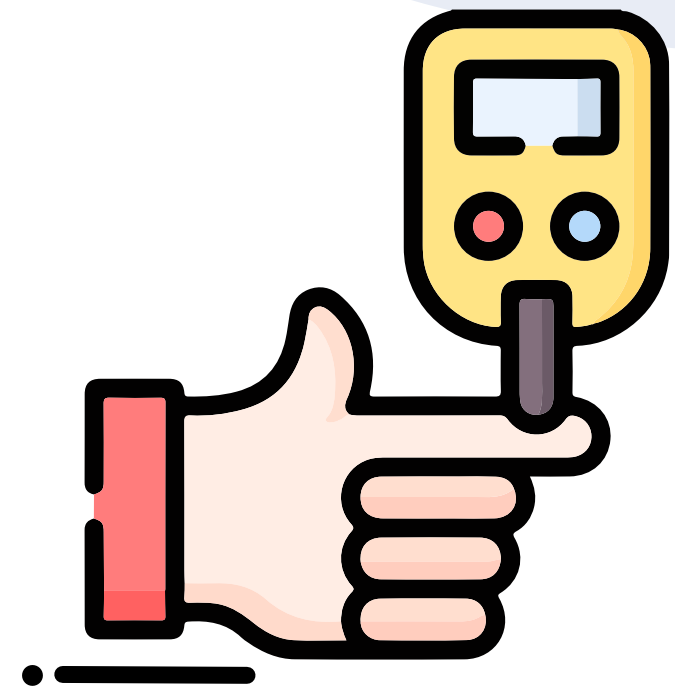
ନିଜର ହାଇପୋ କିଟ୍‌କୁ
ପାଖରେ ରଖନ୍ତୁ



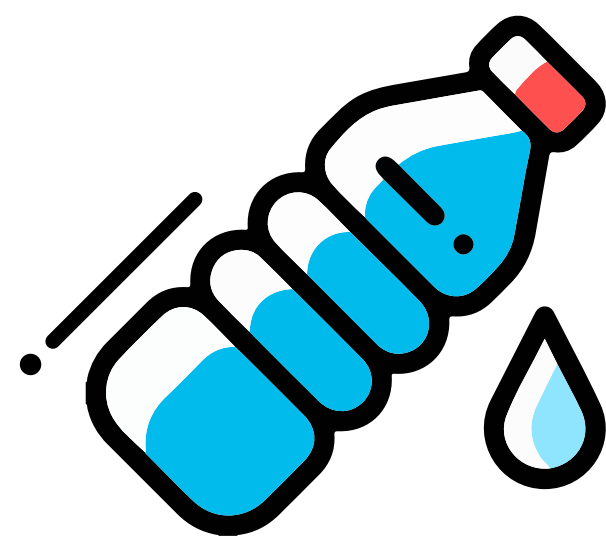


ବ୍ୟାୟାମ ସମୟରେ

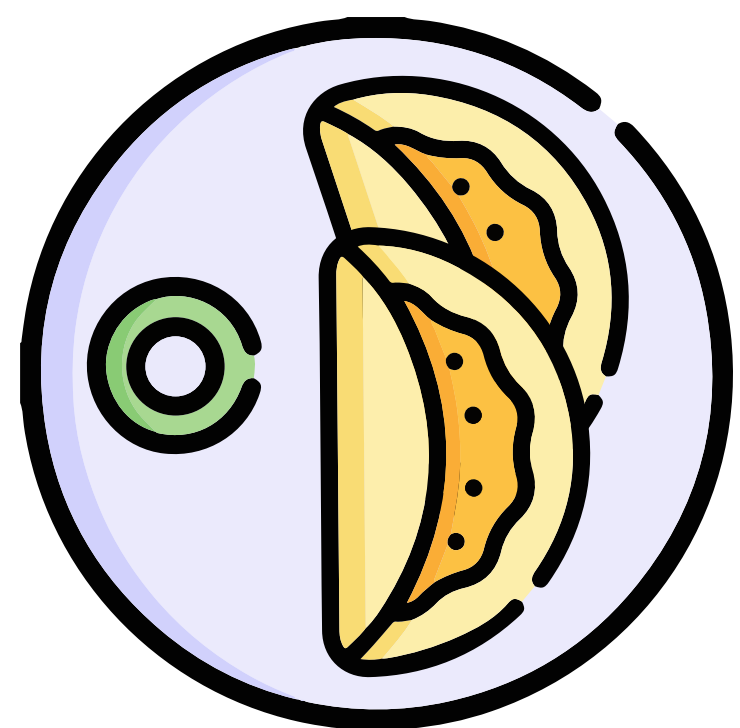
ନିଜର ରକ୍ତ ଶର୍କରା ସ୍ତରକୁ
ଅନୁଧ୍ୟାନ କରନ୍ତୁ



ପ୍ରଚୁର ତରଳ ପଦାର୍ଥ ଯଥା
ପାଣି ପିଅନ୍ତୁ



ଯଦି ଆପଣ 1 ଘଣ୍ଟାରୁ ଅଧିକ
ସମୟ ଧରି ବ୍ୟାୟାମ ବା କଠିନ
କାର୍ଯ୍ୟ କରୁଥାନ୍ତି ତେବେ
କାର୍ବୋହାଇଡ୍ରେଟ୍ ଥିବା ପାନୀୟ
ବା ଜଳଖିଆକୁ ଗ୍ରହଣ
କରିପାରିବେ ।

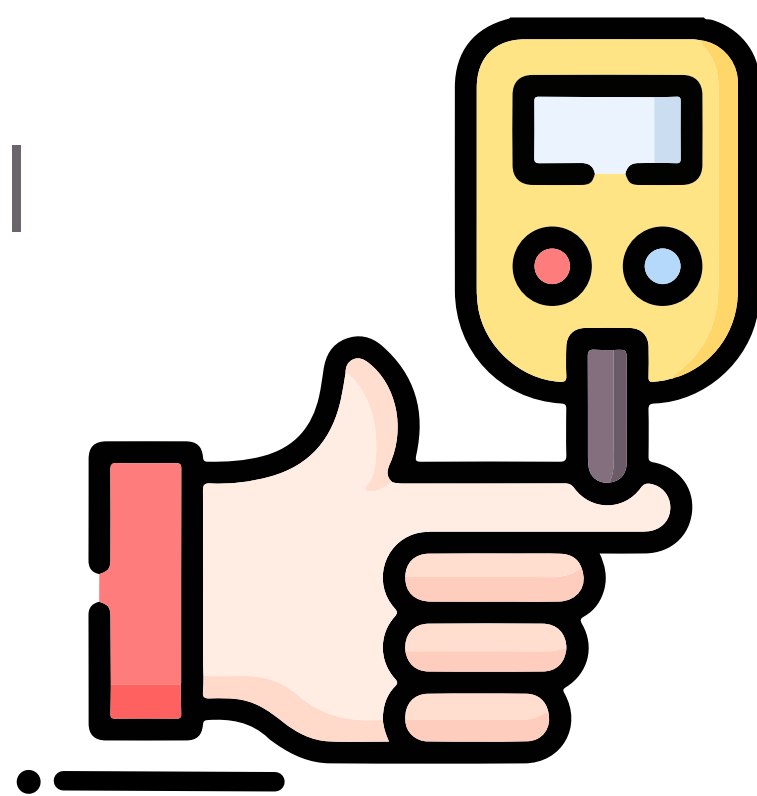


ବ୍ୟାୟାମ ପଦ୍ମ

କାର୍ବୋହାଇଡ୍ରେଟ୍ ଓ ପ୍ରୋଟିନ୍
ରହିଥିବା ଏକ ସ୍ନାକ୍ସ /
ଭୋଜନ ଗ୍ରହଣ କରନ୍ତୁ



ବ୍ୟାୟାମ ସରିବା ପରେ ଶୋଇବା
ସମୟରେ ଏବଂ ରାତିରେ ନିଜର
ରକ୍ତ ଶର୍କରା ସ୍ତରକୁ
ଅନୁଧ୍ୟାନ କରନ୍ତୁ।



“ ଅଧିକ ସୂଚନା ପାଇଁ, ଆପଣଙ୍କର
ଡାକ୍ତରଙ୍କ ସହିତ ବା ଆପଣଙ୍କର
MyCARE ଡାଇବେଟିସ୍ ଏଡ୍ଜୁକେଟର
ଙ୍କ ସହିତ ଯୋଗାଯୋଗ କରନ୍ତୁ ”



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With me, every step of the way

Reference

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<https://doi.org/10.2337/cd22-as01>
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4. ADA. Exercise and type 1. Available at <https://www.diabetes.org/healthy-living/fitness/exercise-and-type-1>

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