

MyCARE

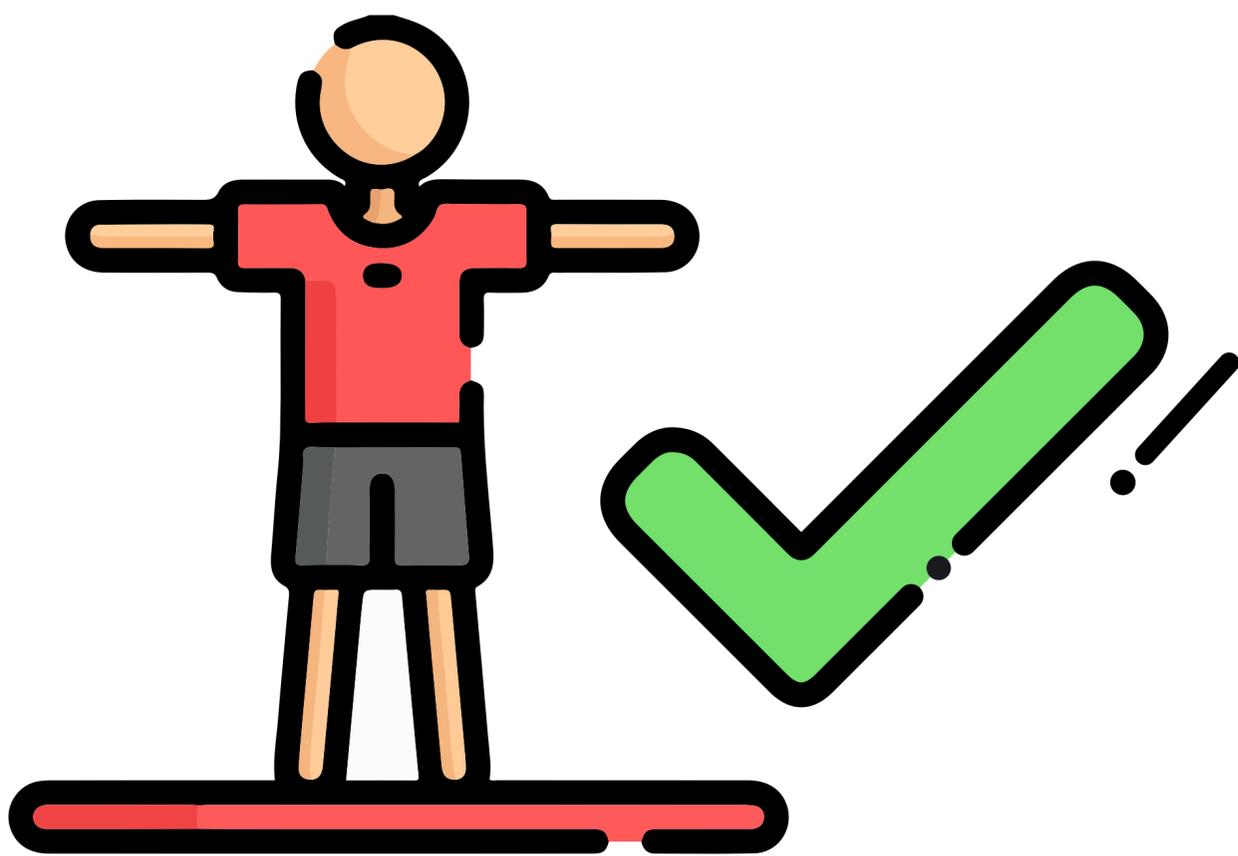
With me, every step of the way



“ It is important to **CHECK YOUR BLOOD SUGAR LEVELS BEFORE, DURING AND AFTER EACH EXERCISE SESSION.**”



Here's what to do to stay
SAFE AND HEALTHY with
an exercise regimen



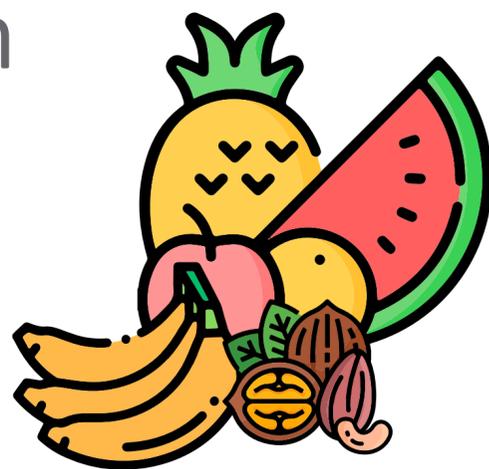


**BEFORE
EXERCISE**

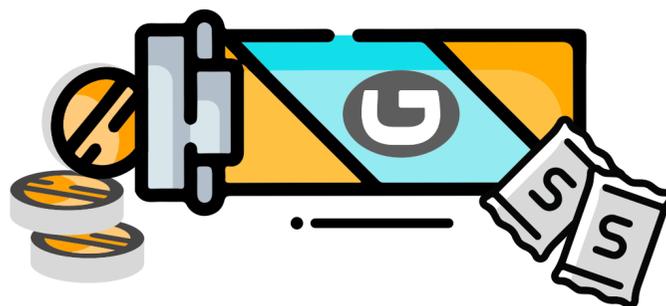
Aim for blood glucose levels (BGL) between 90-180mg/dL



If BGL is <90 mg/dL or if exercise will last more than 45 minutes, include 10-20 g of carbohydrates. Eg: 1 portion of fruit with nuts, 1 paneer/egg wrap, 2 small dal chillas etc.



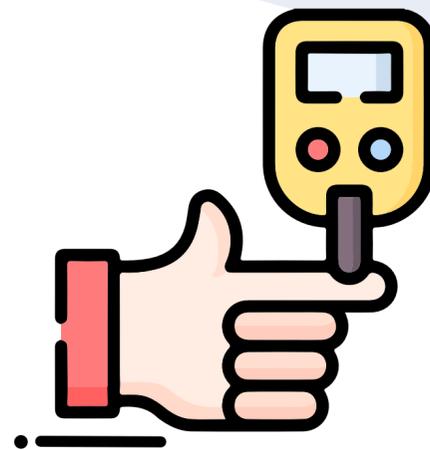
Keep Hypo-Kit handy



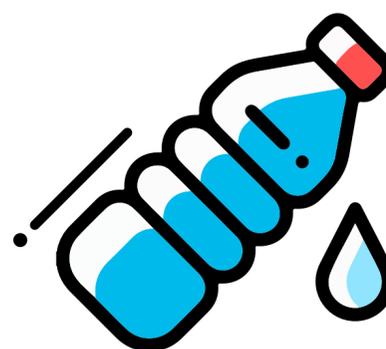


**DURING
EXERCISE**

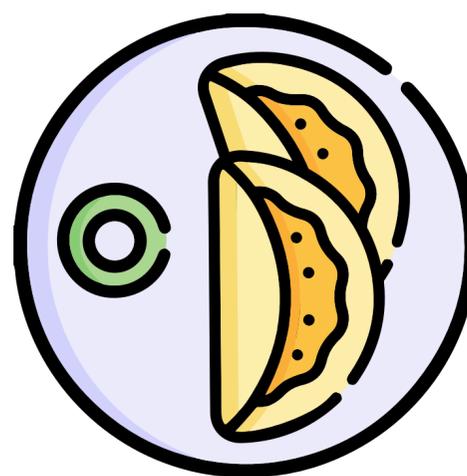
Monitor blood glucose levels



Drink lots of fluids, like water



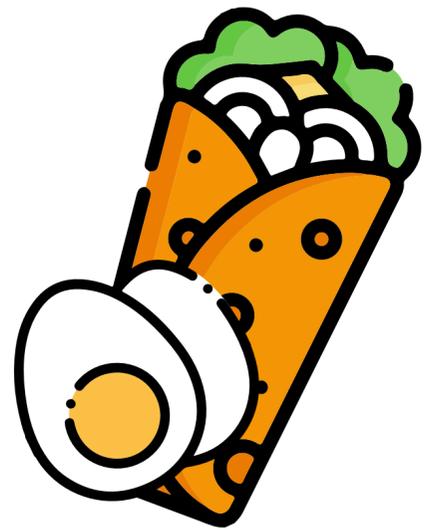
A carbohydrate - containing drink or snack can be considered if exercise lasts for more than 1 hour or in case of strenuous activity



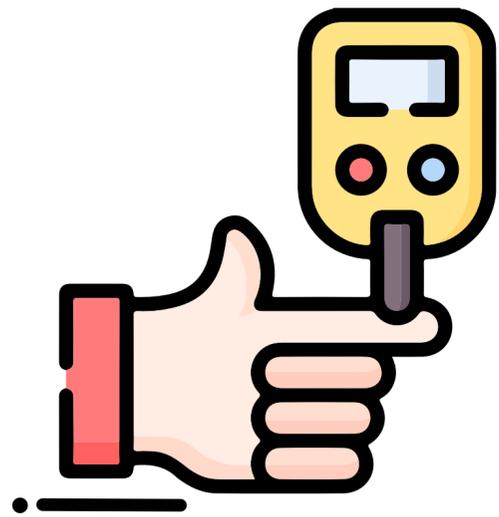


**AFTER
EXERCISE**

Consume a snack/meal containing carbohydrates and protein



Monitor blood glucose levels post-exercise, bedtime and overnight



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



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With me, every step of the way

Reference

1. 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>
2. Adolfsson P, et al. ISPAD Clinical Practice Consensus Guidelines 2018: Exercise in children and adolescents with diabetes. Pediatr Diabetes. 2018 Oct;19 Suppl 27:205-226.
3. Salis S, et al . Healthy eating and carbohydrate counting for children and adults with type 1 diabetes. Indian Foods - Edition 1, 2021. ISPAD & Life for a Child
4. ADA. Exercise and type 1. Available at <https://www.diabetes.org/healthy-living/fitness/exercise-and-type-1>

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