

Exercise Benefits for People with Type 2 Diabetes

- ❖ Improve and maintain general fitness – cardiovascular, muscle mass, bone density, flexibility
- ❖ Reduce risk of heart disease, cancer, stroke
- ❖ Control glucose, cholesterol, blood pressure, insulin resistance, body fat (obesity)
- ❖ Reduce the need for medications, as determined by a physician
- ❖ Prevent or delay complications of diabetes
- ❖ Reduce depression, anxiety and stress

Exercise Precautions for People with Type 2 Diabetes

- ✓ Monitor glucose before and after exercise to avoid hypoglycemia (low blood sugar)
- ✓ Heed warning signs of low glucose (hypoglycemia)
 - Warning signs: shakiness, dizziness, headache, fatigue and hunger
- ✓ Avoid exercise given the following conditions:
 - When glucose is lower than 100 mg/dl – consume 15 to 30 grams of carbohydrates
 - If glucose exceeds 300 mg/dl and/or ketones are present
 - Just prior to bedtime to prevent nocturnal hypoglycemia
 - Outside during extreme heat or cold
- ✓ Monitor blood pressure before and after exercise, especially when hypertensive and on medication to avoid hypotension (low blood pressure) and for possible medication adjustment
- ✓ Maintain adequate hydration
 - 17 (2 cups+) ounces of fluid 2 hours before activity
- ✓ Keep water and carbohydrate-rich snacks handy
- ✓ Wear a medical identification tag
- ✓ If using insulin, consider:
 - The injection site – avoid using exercising limbs to prevent hypoglycemia
 - Waiting 1 – 3 hours following injection to begin exercise
 - Using regular instead of fast-acting insulin
- ✓ Tend to the feet before, during and after exercise
 - Wear poly-cotton or moisture-wicking socks to prevent blisters and keep feet dry
 - Wear comfortable cushioned athletic footwear
 - Monitor for blisters
 - Be especially attentive if peripheral neuropathy is present
- ✓ Perform workouts the same time each day to maintain stable blood sugar & increase exercise adherence – 1 to 2 hours following a meal
- ✓ Morning exercise as opposed to evening, may reduce nocturnal hypoglycemia
- ✓ When resistance training:
 - Use light weights and high repetitions (15 – 25)
 - Avoid excessive exertion, breath-holding and/or gripping too tightly (death grip)
- ✓ Include a 10-minute warm-up (light cardio) before and a 10-minute cool down after exercise
- ✓ Get 150 weekly minutes of moderate (somewhat hard) or 90 minutes of vigorous (hard) aerobic activity
- ✓ Avoid more than two days or 48 hours without exercise to improve insulin resistance