

MyCARE

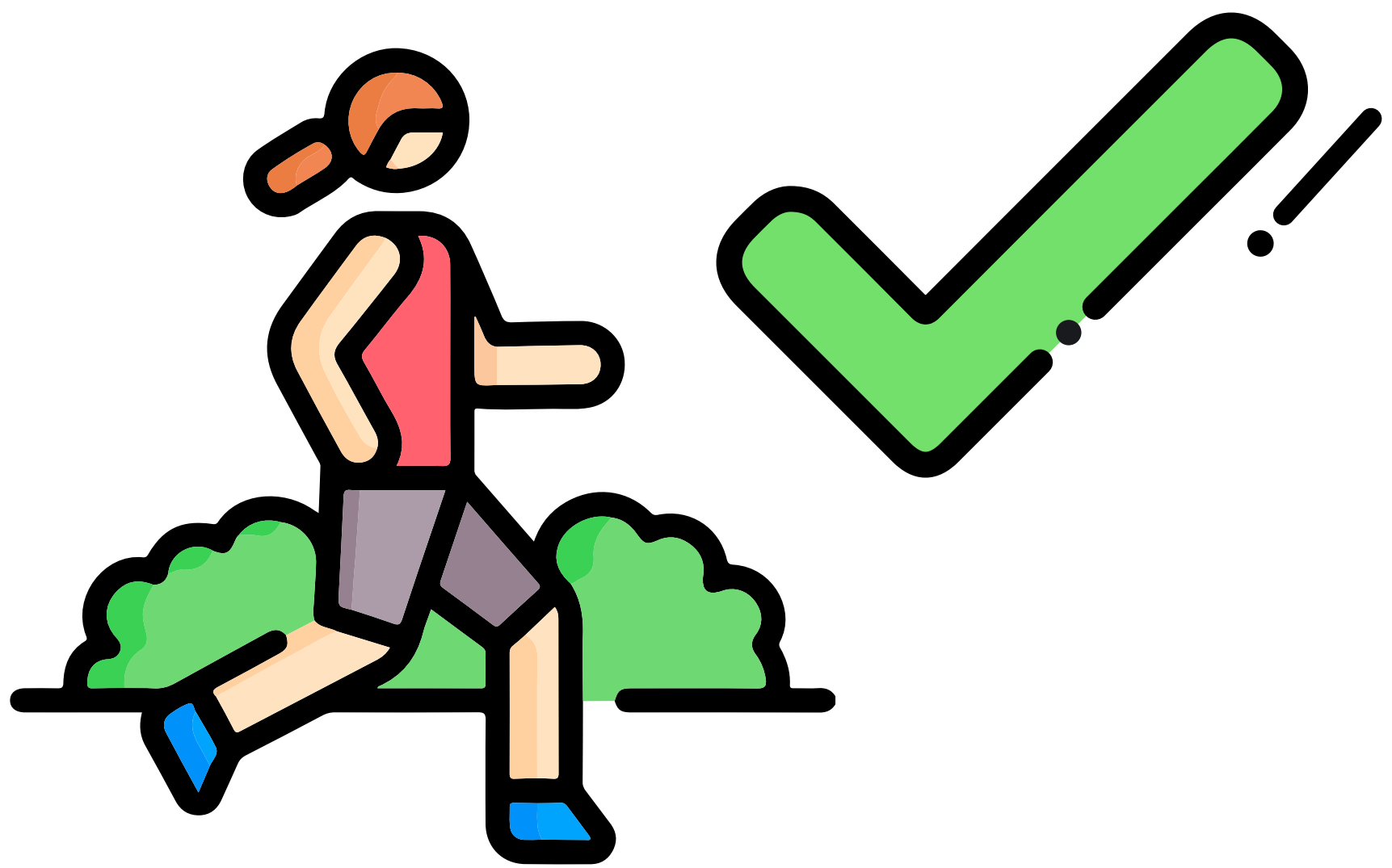
With me, every step of the way



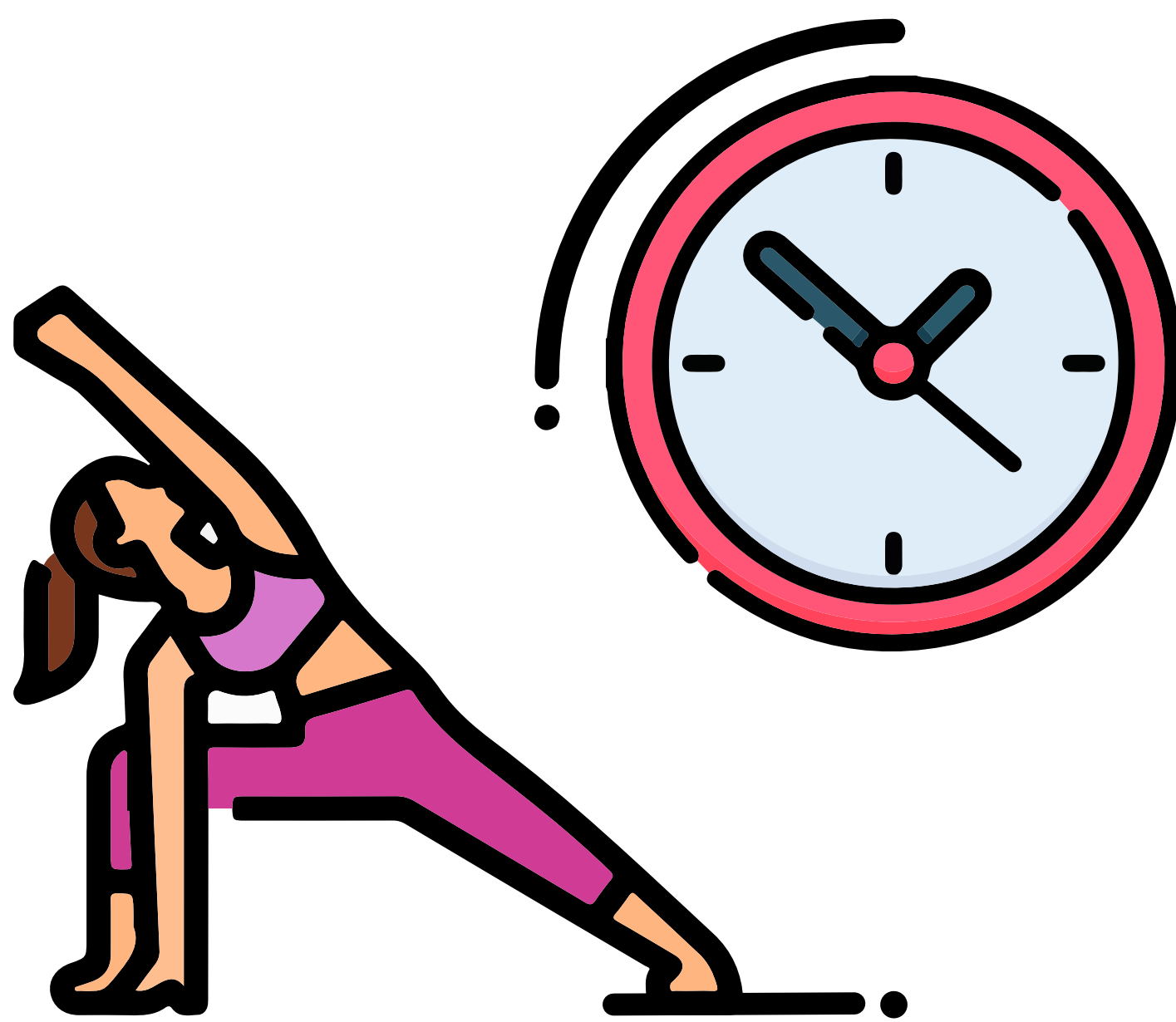
“ Let’s understand the
IMPORTANCE OF EXERCISE
IN TYPE 2 DIABETES ”



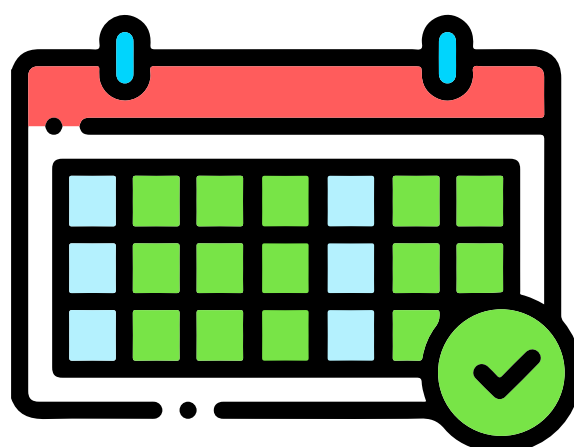
**EXERCISING HELPS THE
INSULIN TO WORK MORE
EFFECTIVELY** and therefore
helps in lowering your blood
sugar levels



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

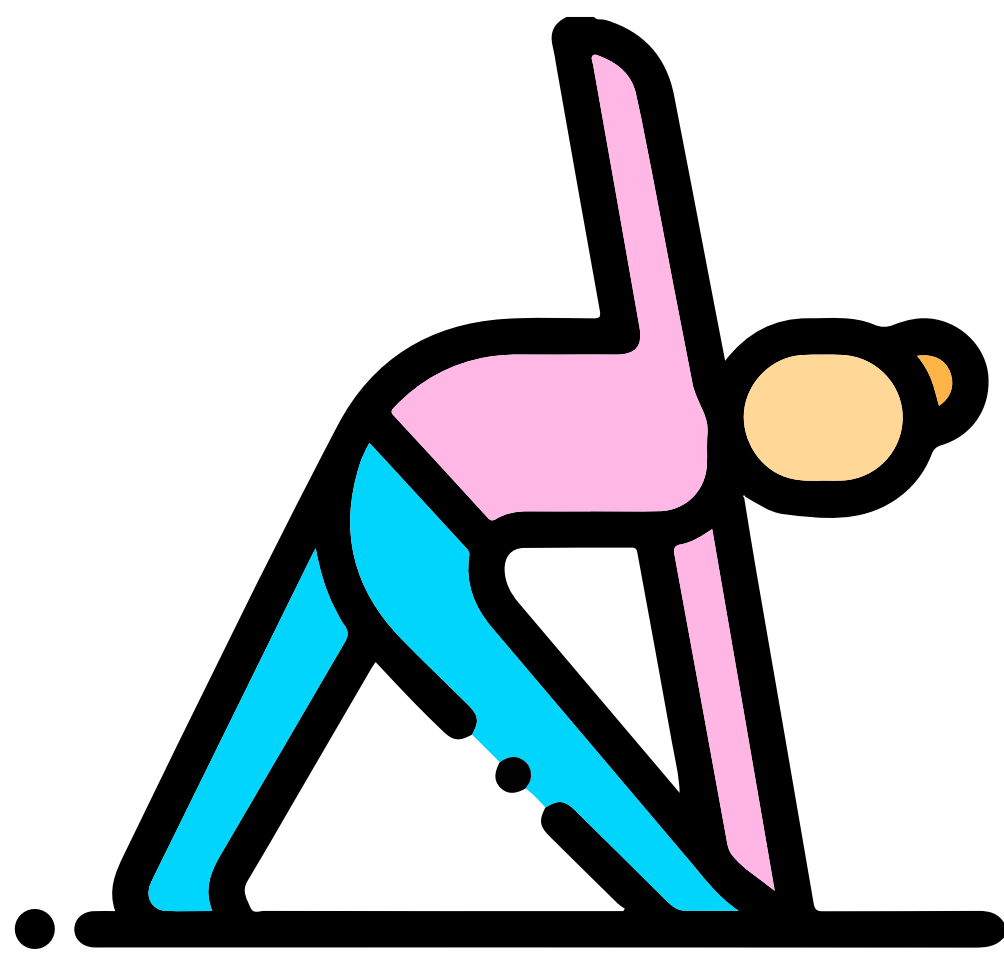


You can begin with
**30 MINUTES OF ACTIVITY,
5 DAYS A WEEK.**



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

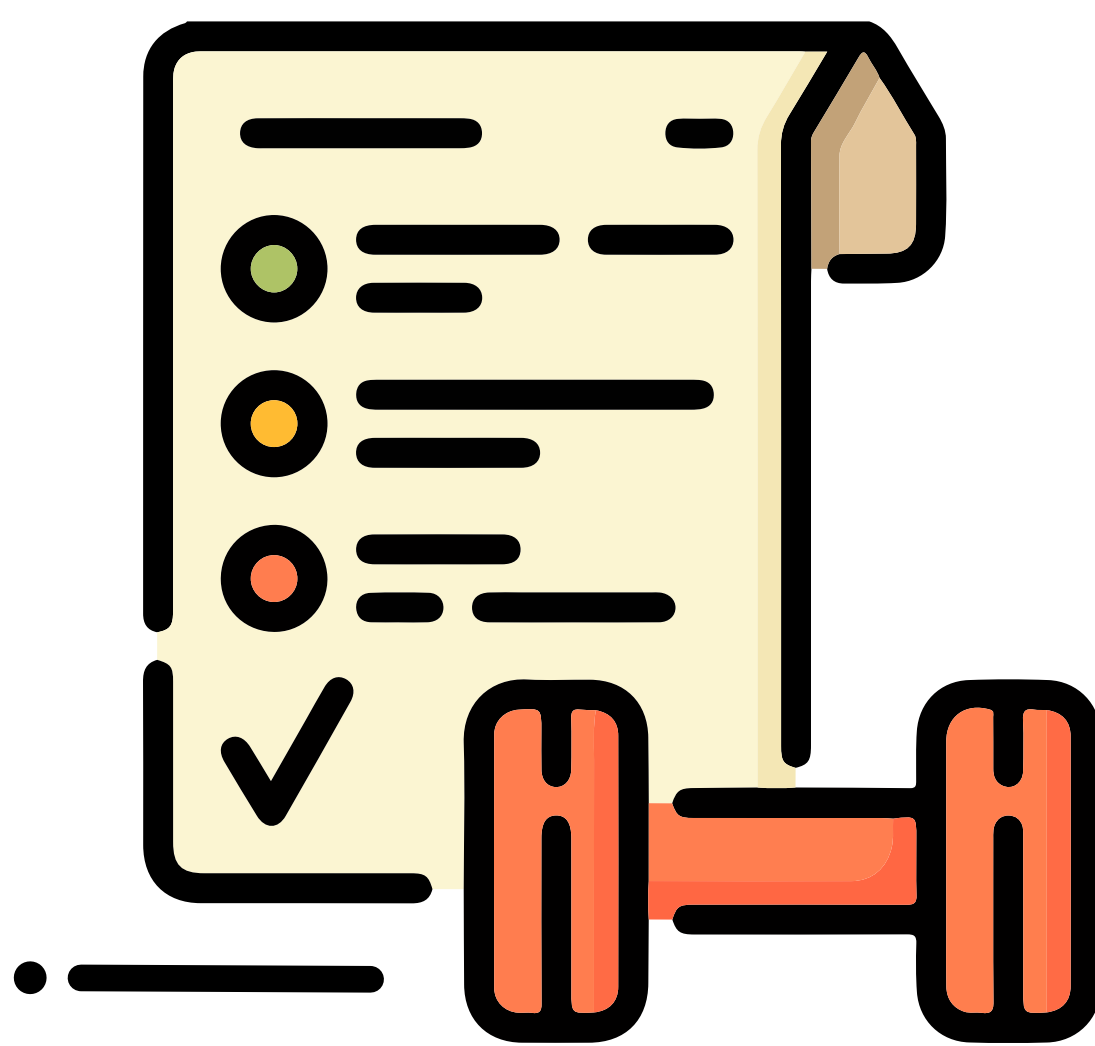
**AEROBIC EXERCISES ARE OF
LESSER INTENSITY AND
LONGER DURATION,** where
your blood sugar levels may
drop.



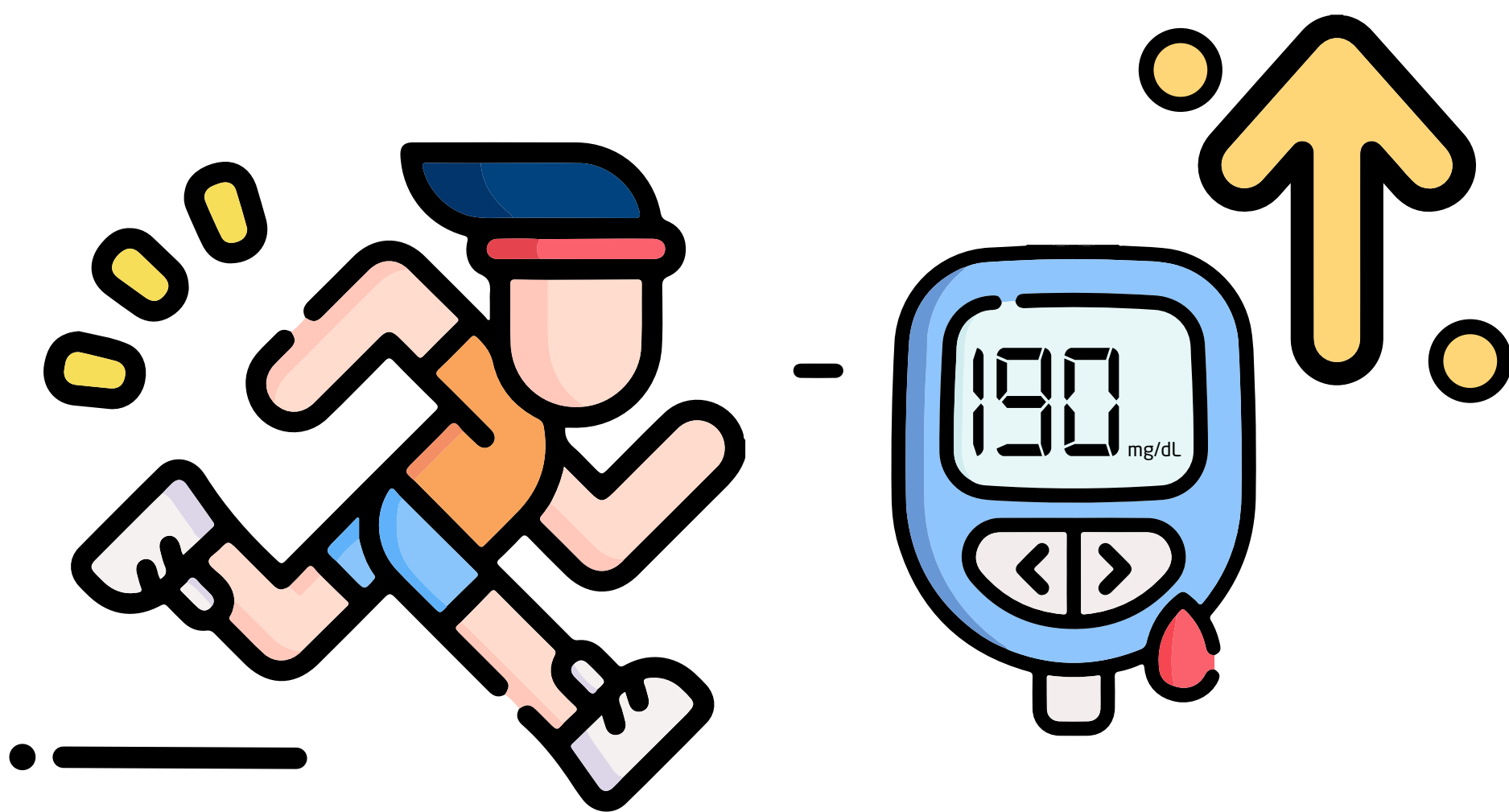
These exercises include
**WALKING, JOGGING,
CYCLING, ZUMBA** and
SWIMMING.



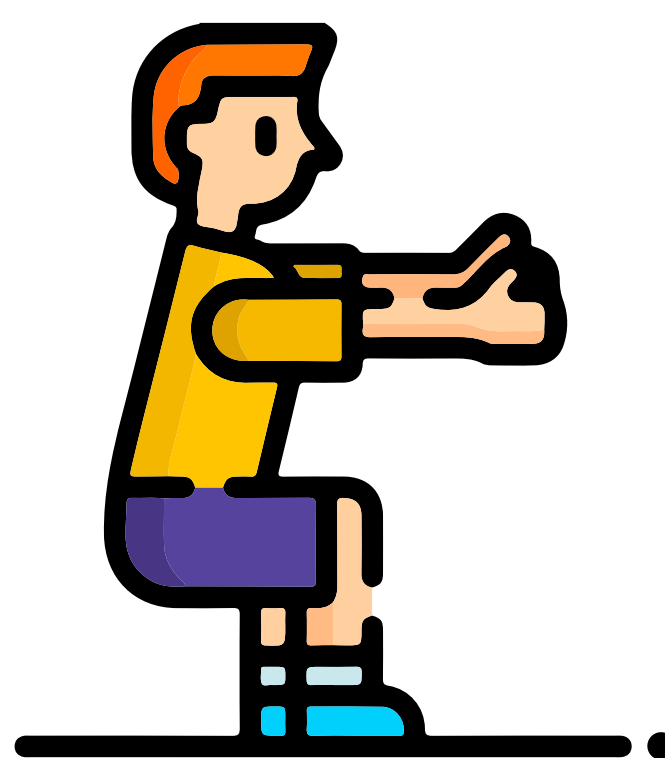
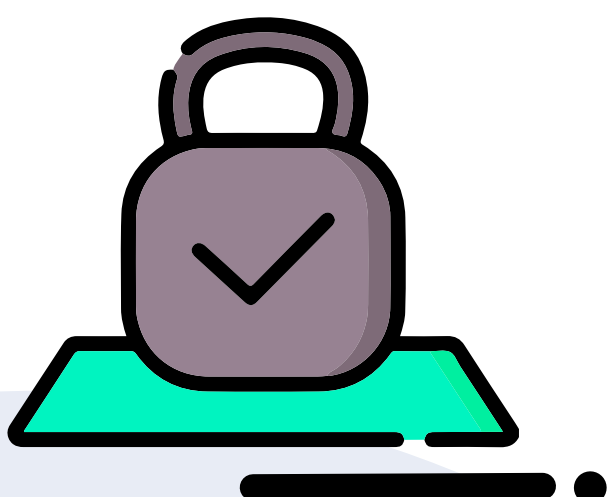
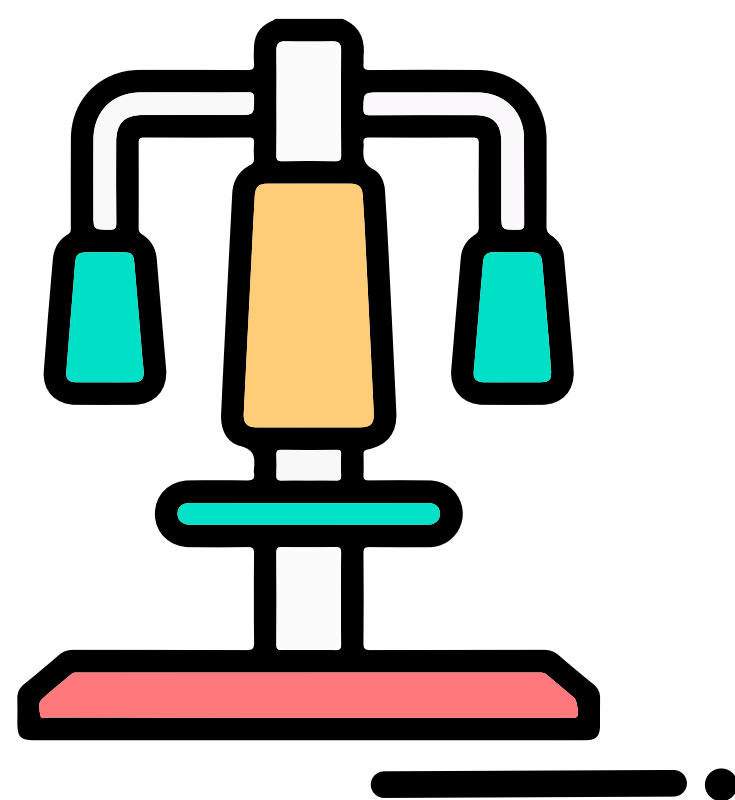
You should also **ENGAGE IN 2-3 SESSIONS OF STRENGTH TRAINING PER WEEK** on non-consecutive days



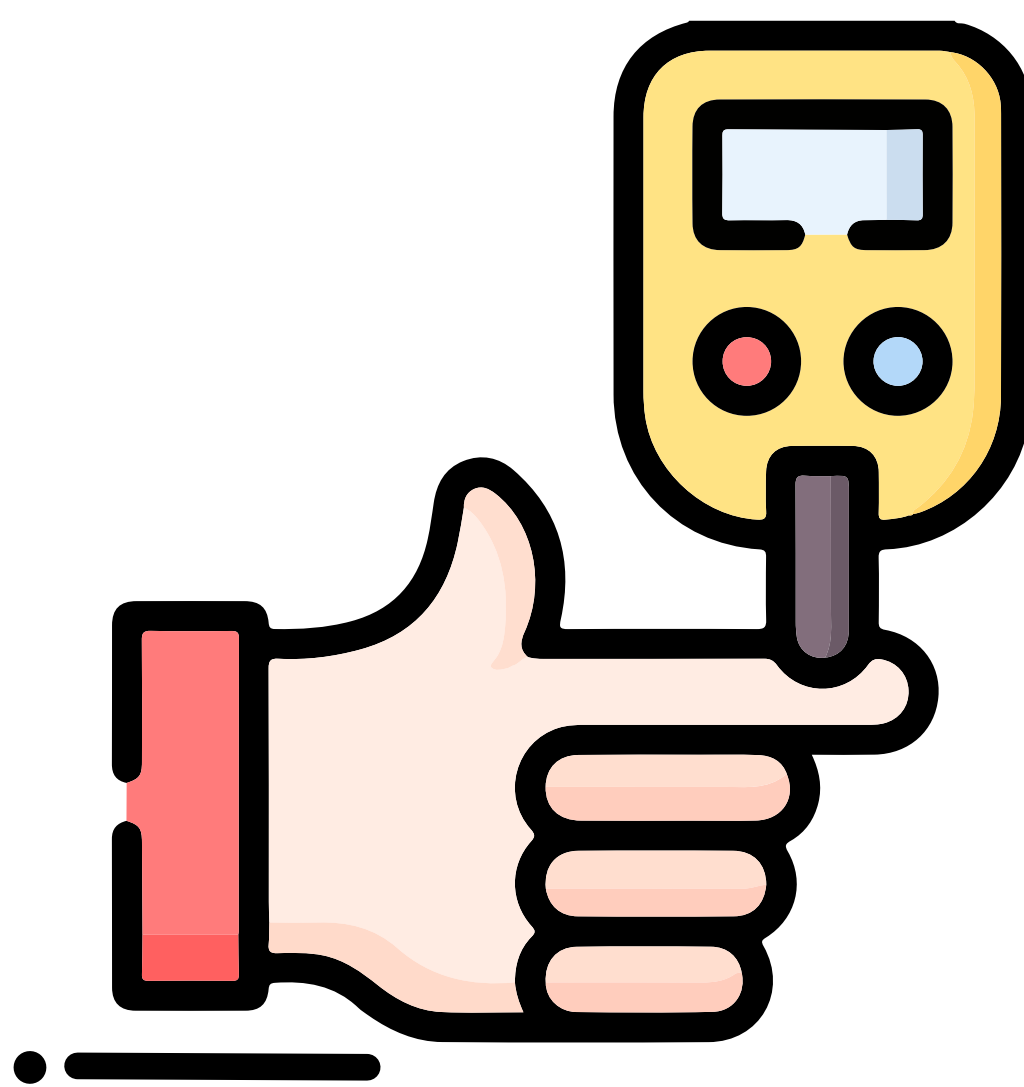
STRENGTH TRAINING EXERCISES ARE OF HIGH INTENSITY AND SHORT DURATION, and may cause a temporary spike in your blood sugar levels.



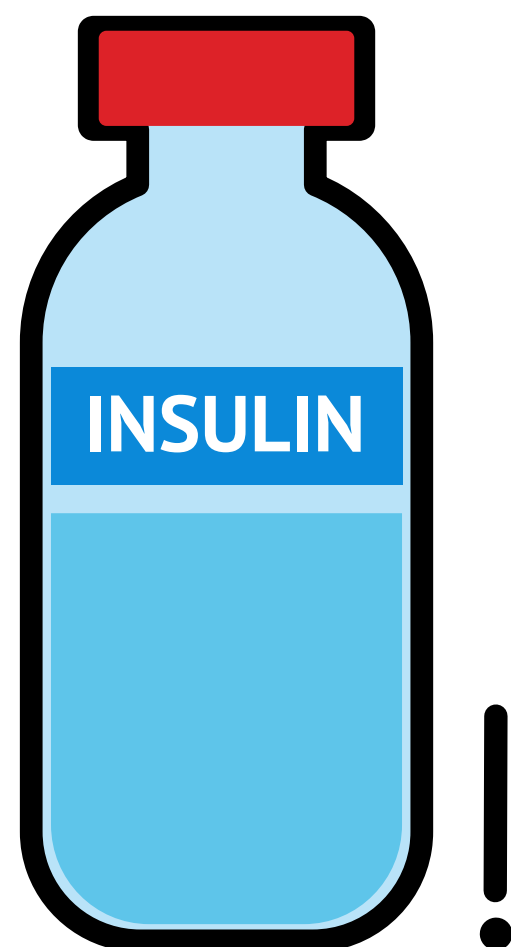
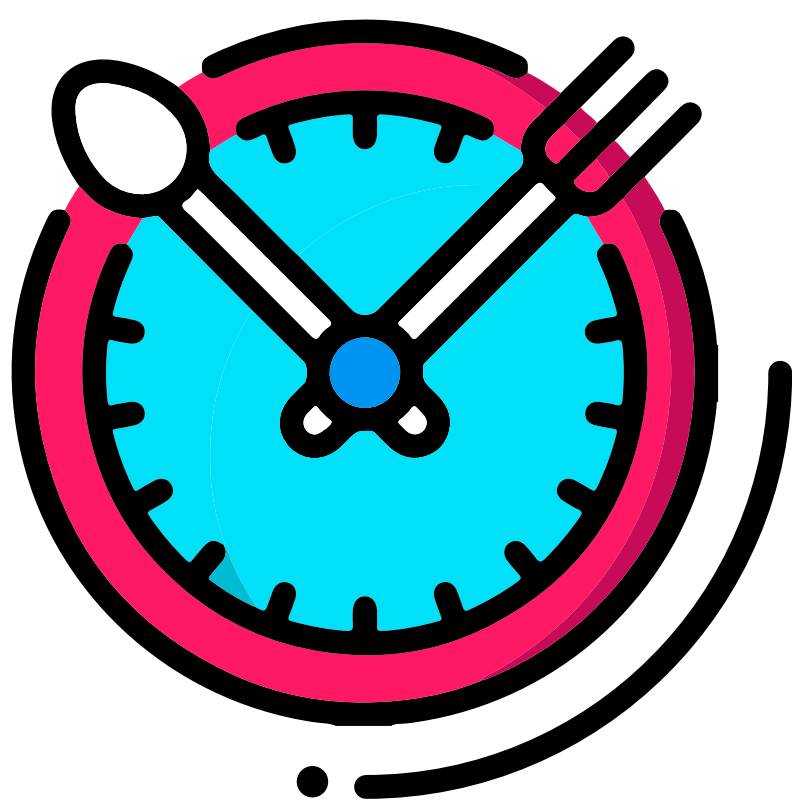
These exercises include
**SQUATS, LUNGES, FREE
WEIGHTS, WEIGHT
MACHINES, RESISTANCE
BANDS, HIGH INTENSITY
INTERVAL TRAINING (HIIT)**
and **SPRINTING.**



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. ”



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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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