

# MyCARE

With me, every step of the way



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



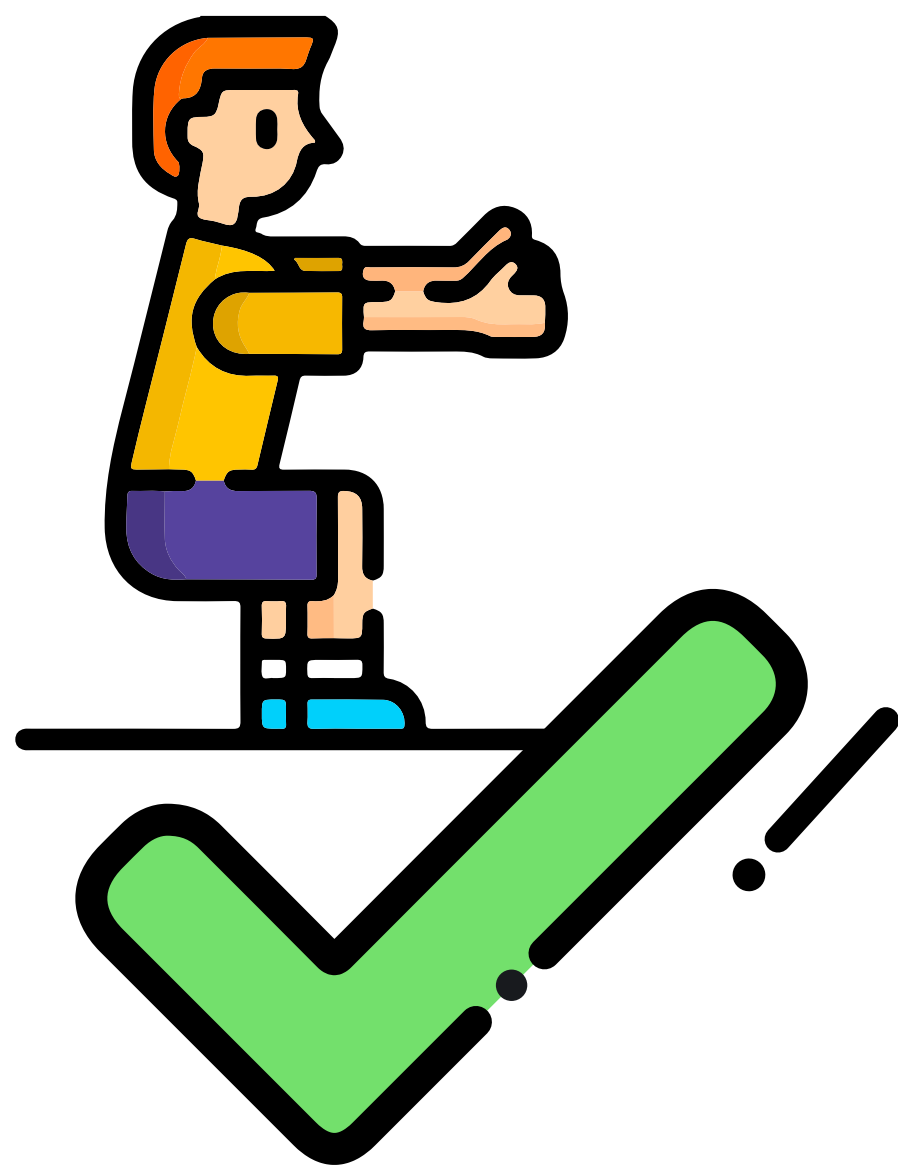
**CERTAIN EXERCISES MAY  
NOT BE SAFE** for some  
people with any other health  
disorder due to Diabetes



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



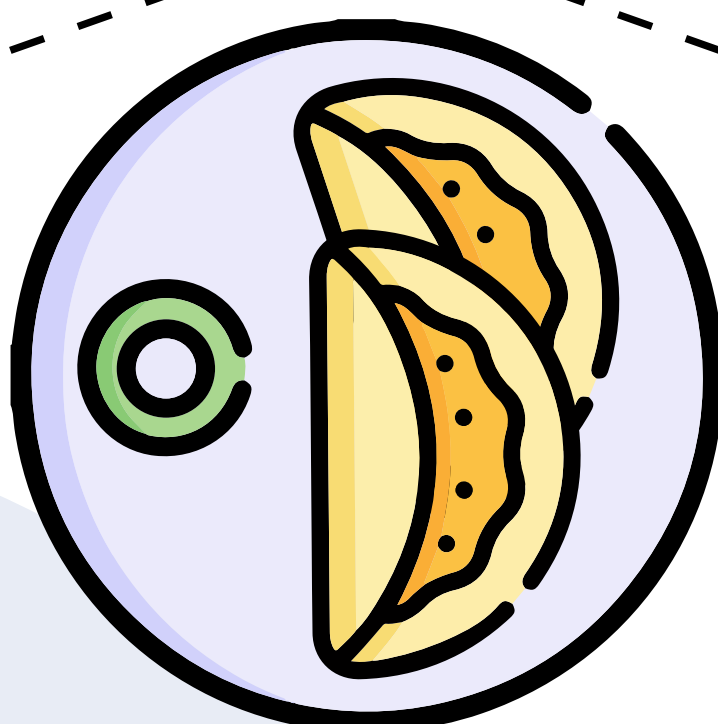
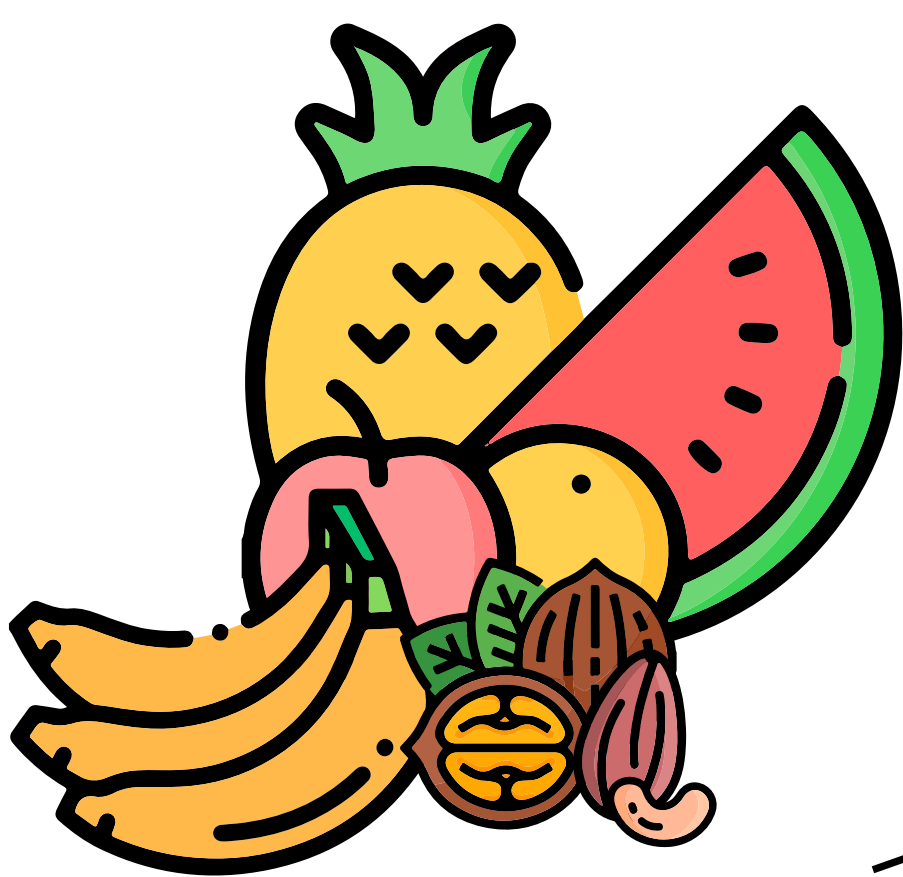
**THEY WILL BE ABLE TO ADVISE YOU ON SAFE EXERCISE OPTIONS** and help you with adjusting your meals, snacks and Insulin dosage to keep your blood sugar levels within a normal range.



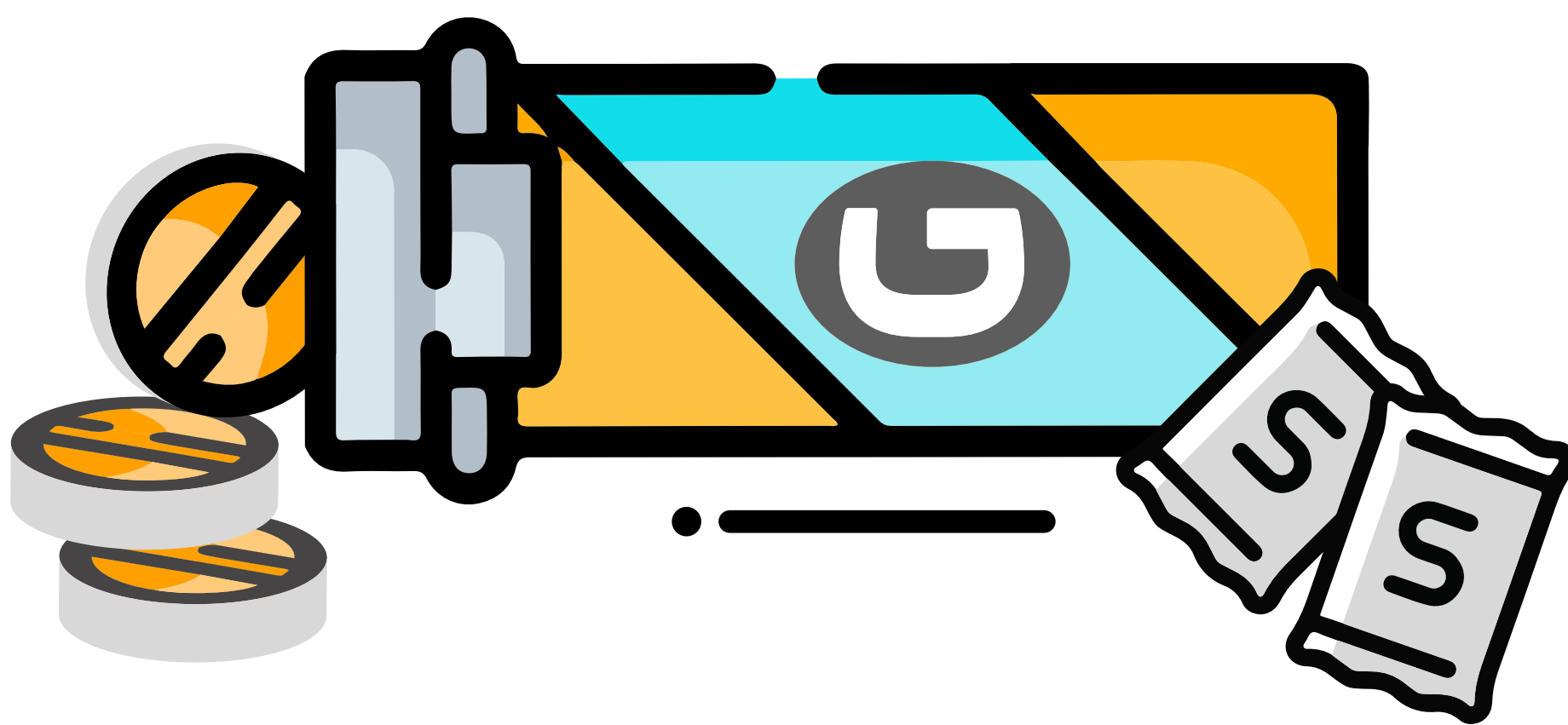


# **PREVENTING HYPOGLYCEMIA DURING EXERCISE**

If your blood sugar is  
<100 mg/dL 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

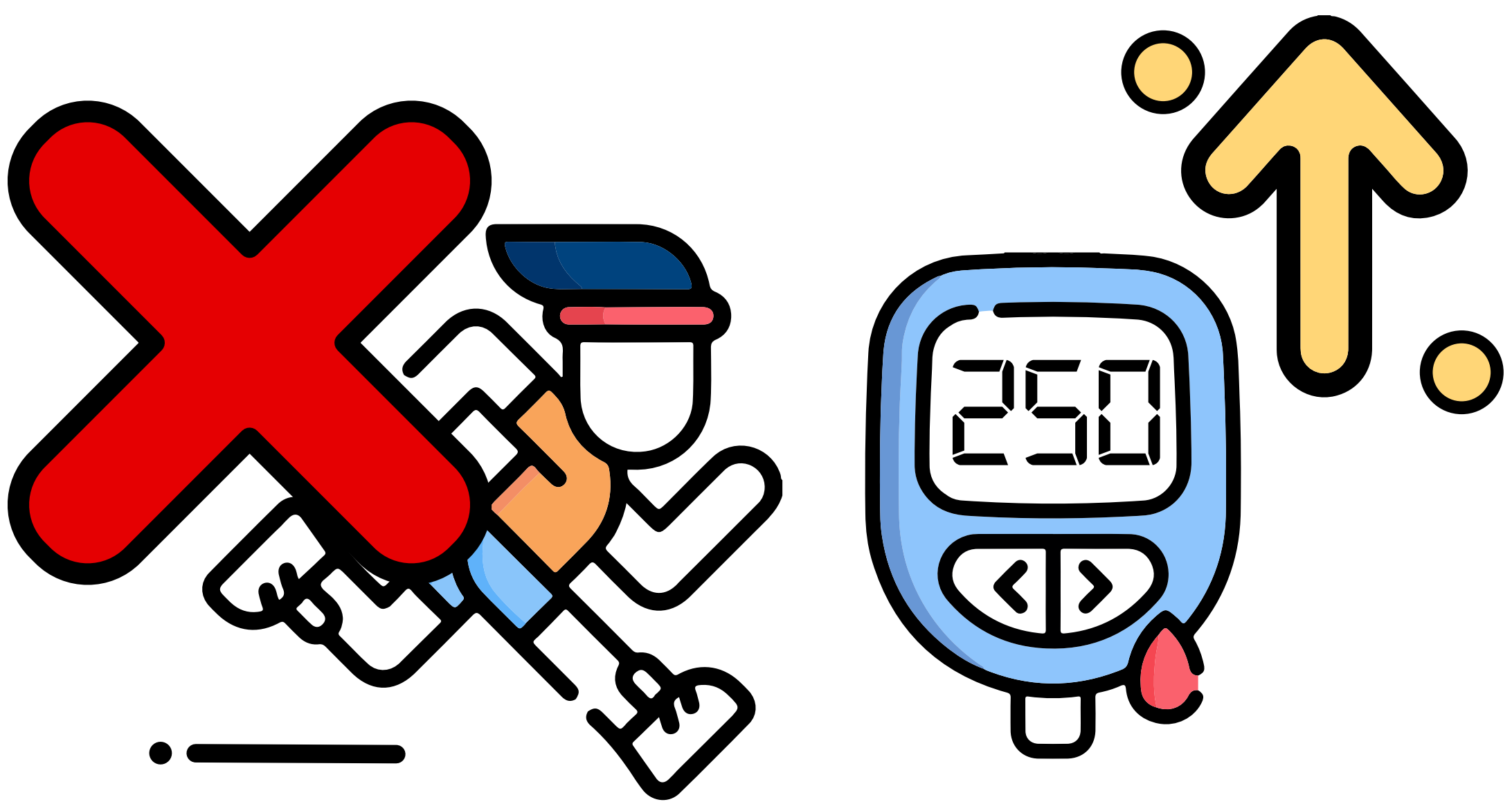




# **PREVENTING HYPERGLYCEMIA DURING EXERCISE**

## **AVOID EXERCISE IF BLOOD SUGAR LEVELS ARE**

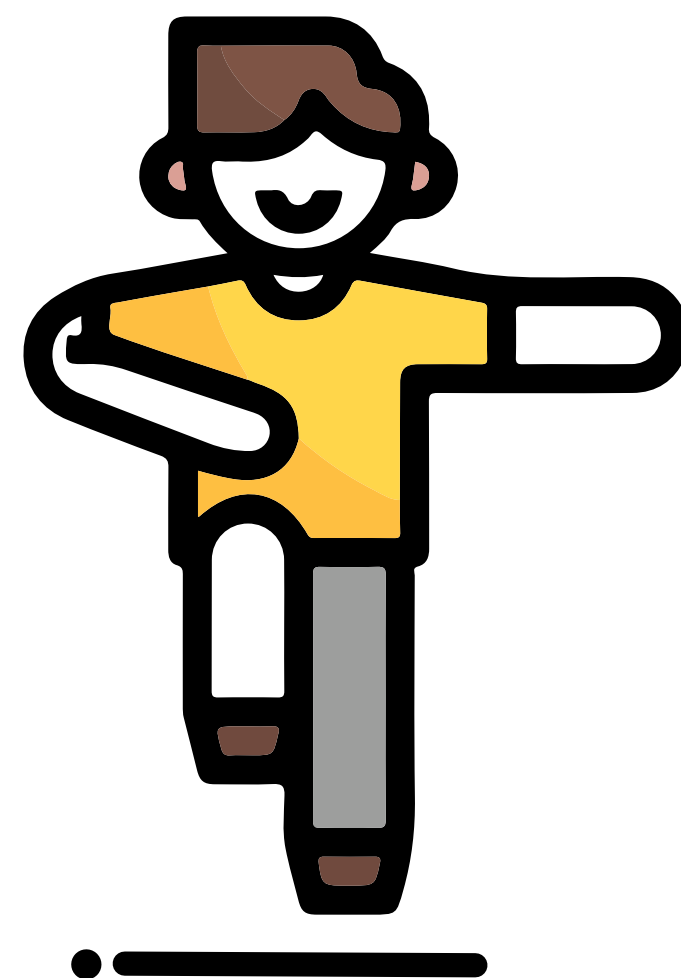
>250mg/dL. First, correct the high sugar and when it comes to normal range, proceed to exercise.





# **IMPORTANT POINTS TO REMEMBER**

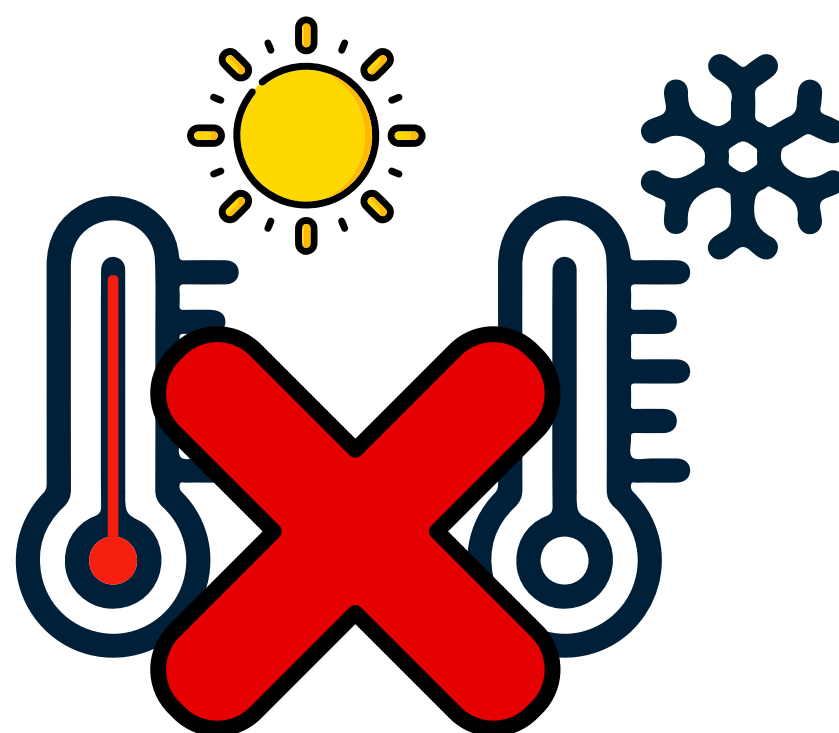
**ALWAYS START WITH  
LOW-INTENSITY  
WARM-UP** and end with  
a cool-down, especially  
during vigorous exercise.



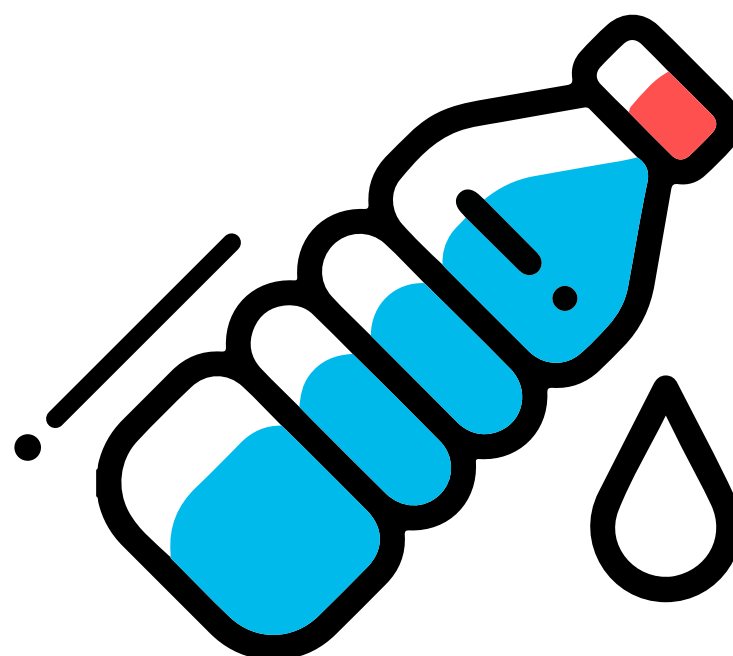
**USE PROPER  
FOOTWEAR,** and  
wear cotton socks  
that are comfortable  
and not too tight.



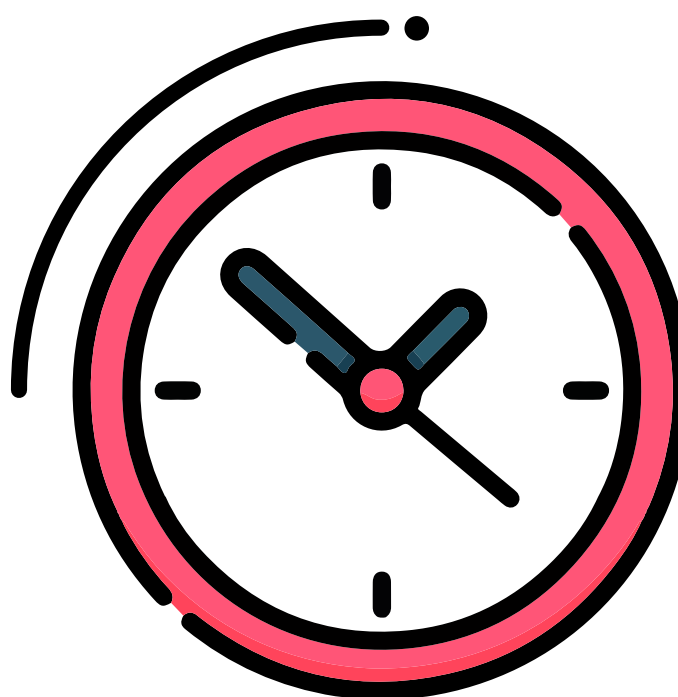
**AVOID EXERCISING  
IN EXTREME** hot or  
cold conditions



**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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