



Diabetes & Exercise



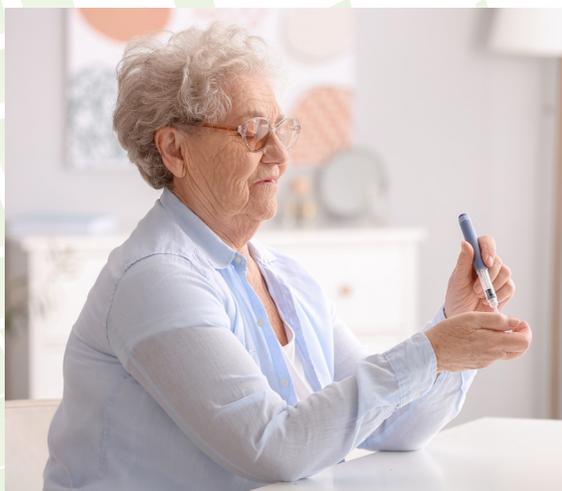
Tips for Diabetic Seniors Who Begin Exercising:

- Discuss your exercise plan with your health care practitioner.
- Practice good foot care. This is especially important if you have circulatory problems or diminished sensation in your feet from nerve damage. Wear absorbent socks and shoes that fit well. Be sure to inspect your feet and promptly report any abnormalities to your doctor.
- Wear your medical alert tag and be sure to let your Trainer know you are diabetic.
- Monitor your blood sugar frequently if you are taking pills that release insulin from your pancreas.
- Drink plenty of fluids and always carry something with you to treat low-blood glucose.
- Adjust your diabetes medication or insulin dosage and food intake as recommended by your medical team.



In general, the best time to exercise is one to three hours after eating, when your blood sugar level is likely to be higher. If you use insulin, it's important to test your blood sugar before

exercising. If the level before exercise is below 100 mg/dL, eating a piece of fruit or having a small snack will boost it and help you avoid hypoglycemia. Testing again 30 minutes later will show whether your blood sugar level is stable. It's also a good idea to check your blood sugar after any particularly grueling workout or activity. If you're taking insulin, your risk of developing hypoglycemia may be highest six to 12 hours after exercising. Experts also caution against exercising if your blood sugar is too high (over 250), because exercise can sometimes raise blood sugar even higher.



Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

