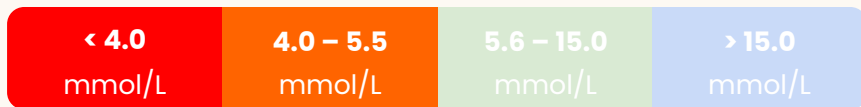


Monitor your blood sugar before exercising

For individuals with Type 2 Diabetes

#For individuals with Type 1 diabetes, please seek advice from your health provider



< 4.0 mmol/L HYPOGLYCAEMIA

- **Perform 15/15 Rule**
- Check blood sugar level after 15 minutes

4.0 - 5.5 mmol/L

- Have a light snack (15 – 30 g of long-acting sugars e.g., 3 pieces of biscuits and milo) and wait 15 minutes before exercising
- If exercising duration > 30 minutes, consume additional carbohydrates

Perform the 15/15 rule

15g of fast-acting sugars (carbs) example:

- 3 teaspoons of dextrose powder/table sugar in 120ml of water
- ½ can of regular soft drink
- 1 can of low-sugar soft drink
- ½ glass (150ml) of fruit juice
- 3 soft/jelly sweets

Check your blood sugar level after 15 minutes

Increase in blood sugar levels

- Certain exercises cause an increase in blood sugar levels for a short while.
- The stress (of exercise) on the body releases hormones (e.g., adrenaline, cortisol) that cause a temporary increase in glucose production and hence an increase in the glucose level.

Examples:

- Brief but intense exercises such as sprinting, powerlifting.
- Usually a small increase that lasts for 1-2 hours is not a concern if your pre-exercise glucose level was not excessively high.