

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



DIFFICULT TO REMEMBER?

Pro tip!

**Blood sugar levels between
5.6 to 15 = Good to Go!**

Note: If you are on insulin and sulphonylureas, it is best to consult a physiotherapist for a guided exercise session before determining the appropriate blood sugar levels for exercise, as there are many other factors to consider.