

# 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

4.0 – 5.5  
mmol/L

5.6 – 15.0  
mmol/L

> 15.0  
mmol/L



- **Exercise with caution.**
- **Have a light snack** (15 - 30g 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**

**Note:** If you are on insulin and/or sulphonylurea, standby 15g of fast-acting sugars due to a higher risk of hypoglycemia occurring with exercise.