

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



HYPOGLYCAEMIA

- **Delay your exercise**
- Follow the 15/15 rule to treat hypoglycemia
- **Do not exercise if you:**
 - ↳ Feel unwell
 - ↳ Had a hypoglycaemic episode in the last 24 hours that required someone's assistance.
 - ↳ Are exercising alone or engaging in a potentially unsafe exercise.

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

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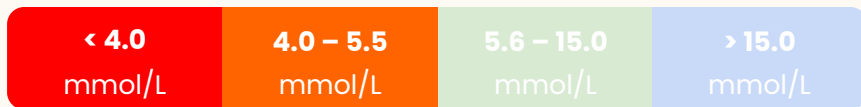
- **Exercise with caution.**
- **Have a light snack** (15 - 30g of long-acting sugars e.g., 3 pieces of biscuits and milo) **and wait 15 minutes before exercising**
- **If exercising duration > 30 minutes, consume additional carbohydrates**

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.

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

4.0 - 5.5 mmol/L

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- If exercising duration > 30 minutes, consume additional carbohydrates

Perform the 15/15 rule

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

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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.

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- **Good range!**
- Go ahead with your exercise, **but monitor signs and symptoms throughout** as you do so.
- If your session lasts longer than 60 mins, you may **need additional carbs**.

Pro tip!

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

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.*

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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.



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mmol/L

> 15.0

mmol/L



- **If you are feeling well and have taken your usual medications, proceed to exercise with caution**
- Monitor your **glucose trend** and **increase your fluid intake**

Summary of Pre & Post-Exercise Monitoring

Post-exercise



< 4.0 mmol/L HYPOGLYCAEMIA!

- **Perform 15/15 rule:**
- 15g of fast-acting glucose e.g.,
 - ↳ 3 teaspoons of dextrose powder/ table sugar in 120ml of water
 - ↳ ½ glass (150ml) of fruit juice
 - ↳ 3 soft/jelly sweets
 - ↳ ½ can of regular soft drink
 - ↳ 1 can of low-sugar soft drink
- Check blood sugar level after 15 minutes

4.0 - 5.5 mmol/L

- Have your next meal **within 1 hour.**
- Have a light snack if your next meal is more than 1 hour away.

Pre-exercise Medication



Medications

- Consume your medications as prescribed by your doctor.
- Do not skip medications and attempt to replace it with exercise.
- Consult your doctor for a medication review if you are changing your exercise routine.

Important Medicine

- If you are on insulin, sulphonylurea (e.g., gliclazide, glimepiride, glipizide and tolbutamide) or meglitinides (e.g., repaglinide), your **blood sugar levels may decrease faster** as compared to other medications.
 - ↳ Start easy, monitor signs and symptoms closely, and avoid prolonged exercise.
 - ↳ Consult your doctor for a medication review if you experience signs and symptoms of **hypoglycaemia**.