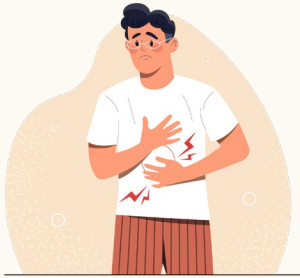


How can I exercise safely?

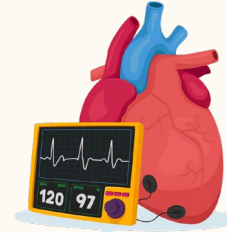
When exercising, please rest or stop if you experience
Symptoms of hypoglycaemia (low blood sugar of < 4 mmol/L)



Hunger



Hand tremors



Abnormally fast heartbeat



Difficulty breathing



Fatigue



Mood changes
(e.g., anxiety, irritability,
nervousness)



Dizziness or headaches



Pain
(especially in the
chest or abdomen)

To note: Delay or postpone exercise if you are feeling unwell. Always listen to your body.