

# 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



- **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.*