REGULAR PHYSICAL ACTIVITY IS GOOD FOR YOU (a)



energy levels





overall mood



Increases fitness levels

Make it a part of your daily schedule!

Start low and go slow with simple activities

Physical Activity

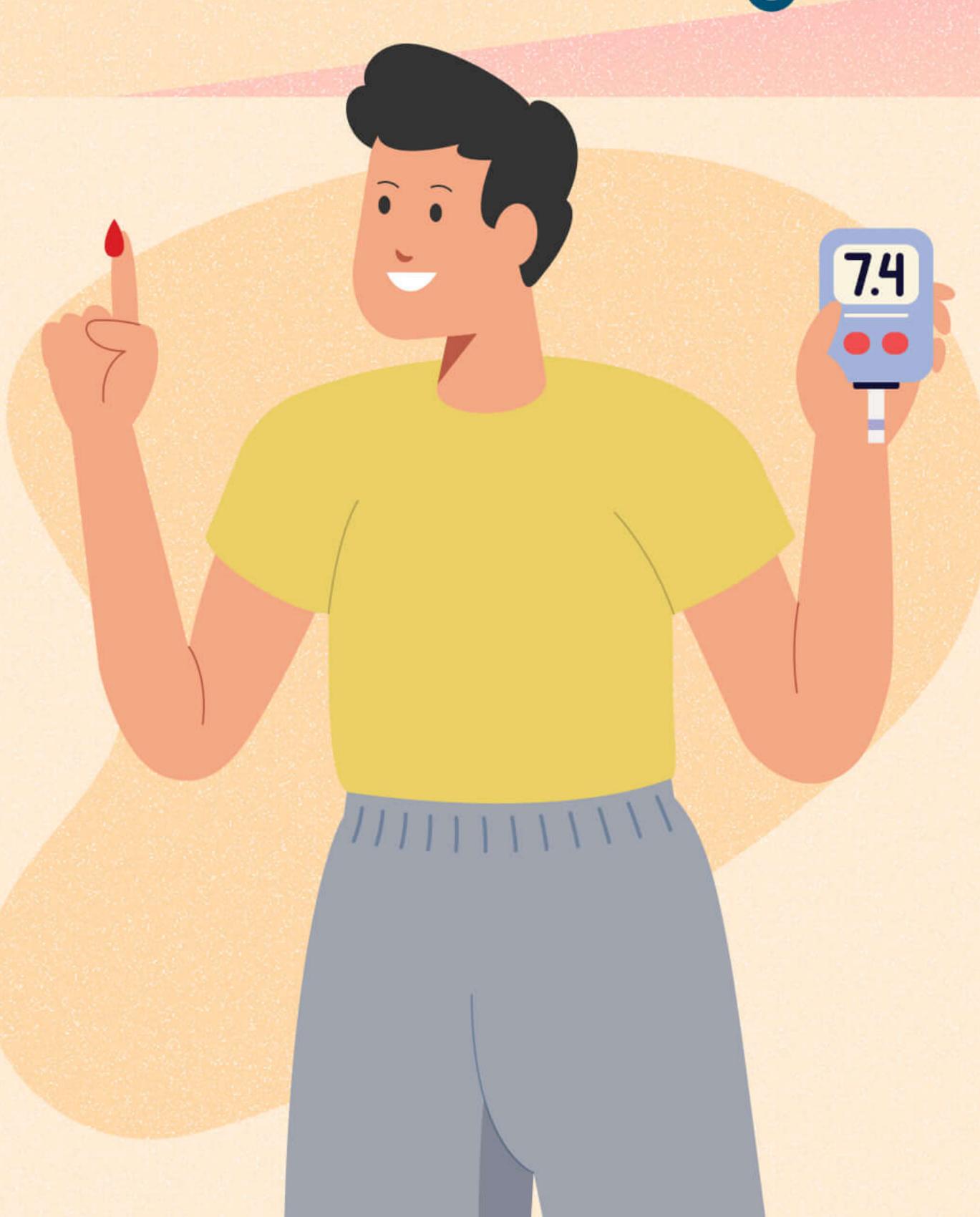






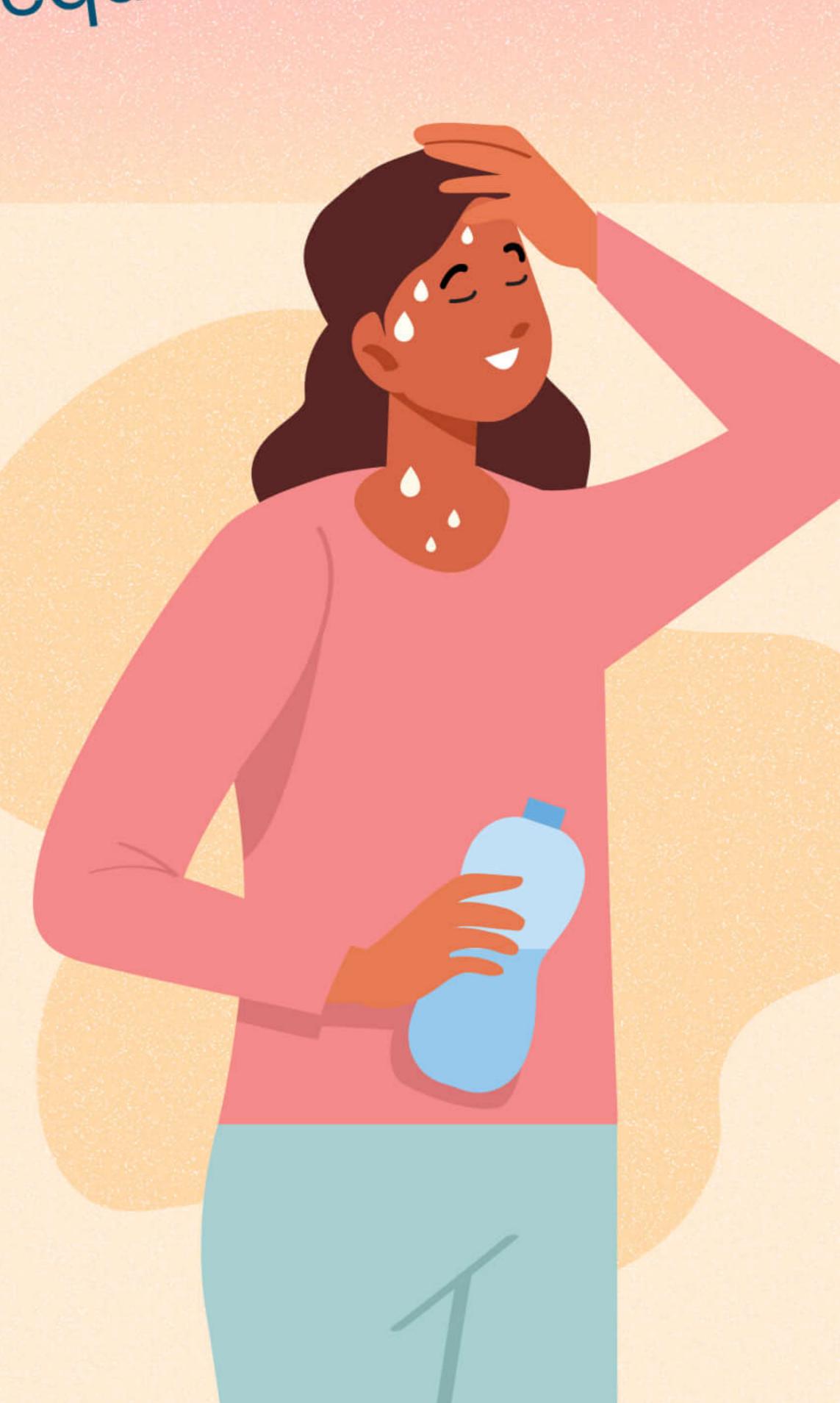


Exercise



Before you exercise

- You can safely exercise if your blood sugar level is between 5.6-15 mmol/L (healthy range). Postpone exercising if it is outside of this range
- If your blood sugar level is less than 4 mmol/L (hypoglycaemic state), do not exercise
- If it is between 4-5 mmol/L, have a light snack
- If it exceeds 15 mmol/L (hyperglycaemic state), take more fluid and stop if you feel unwell



After you exercise

- Check your blood sugar level
- If it is less than 4 mmol/L (hypoglycaemic state), take 15g of fast-acting sugars (e.g. 1/2 can of regular soft drink or 3 jelly sweets), then check again after 15 minutes
- Have your next meal within 1 hour, or a light snack if mealtime is more than 1 hour away

If you have foot ulcers and lower limb pain

Go for seated, non-weight bearing exercises



Aerobic





Flexibility

If you are obese

Start slow, progress gradually and take regular breaks



Aerobic

Aim for 150 min of moderate intensity activity per week. Progress to an average of 250 to 300 min to lose weight



Strength & Resistance

At least 2 days per week

If you have coronary heart disease

After a cardiac event, please seek medical clearance for fitness to exercise. If you can proceed, monitor the intensity by checking your heart rate or doing the talk test. Stop and see a doctor immediately if you experience:



Chest Pain





Profuse sweating

Not all pain is ache and soreness



Sit and rest



2 Apply ice*



3 Elevate area*

*Applies to minor sprains or strains

Post exercise soreness is normal and may last a few days. It usually resolves itself with proper rest, hydration and nutrition. Seek medical attention if it does not get better



