

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



- **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**