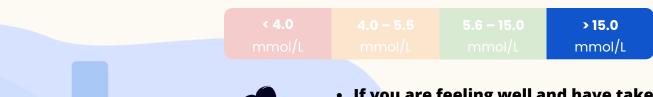
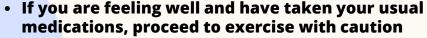
Monitor your blood sugar before exercising

For individuals with Type 2 Diabetes

#For individuals with Type 1 diabetes, please seek advice from your health provider





Monitor your glucose trend and increase your fluid intake

