

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



HYPOGLYCAEMIA

- **Delay your exercise**
- Follow the 15/15 rule to treat hypoglycemia
- **Do not exercise if you:**
 - ↳ Feel unwell
 - ↳ Had a hypoglycaemic episode in the last 24 hours that required someone's assistance.
 - ↳ Are exercising alone or engaging in a potentially unsafe exercise.

15g of fast-acting sugars (carbs) example:

- 3 teaspoons of dextrose powder/table sugar in 120ml of water
- ½ can of regular soft drink
- 1 can of low-sugar soft drink
- ½ glass (150ml) of fruit juice
- 3 soft/jelly sweets

Check your blood sugar level after 15 minutes