

EXERCISE

This sheet is for your information and is not a substitute for medical advice. The specifics of your condition and treatment should be discussed with your healthcare provider to establish the optimal treatment plan for you as an individual.

It is never too late to start an exercise programme. You don't need to join a gym or buy expensive equipment. The best exercise is the one which you enjoy doing.

Please first consult your doctor before starting any exercise programme.

Small steps to get you started

- Walk up the stairs instead of taking a lift.
- Park your car a distance from your destination and walk the rest of the way.
- If you need to wait for somebody or something, walk about instead of sitting.
- Play active games with children.
- Walk your dog, as this is an opportunity to be active.
- Take up gardening. This is also a good form of exercise.
- Exercise with a friend.
- If you are diabetic, wear your diabetes ID (or medic alert bracelet) and always carry a source of fast-acting glucose with you, e.g. dextrose tablets or some fruit juice. Use it to prevent or treat low blood sugar, if needed.
- Wear well-fitting shoes and socks that absorb moisture and protect your feet. Always check your feet for injuries after exercise.
- If you are diabetic, it is advisable to test your blood glucose before and after exercise. Don't exercise if your blood glucose is over 16.7mmol/l or under 3.8mmol/l. Remember that the effects of exercise on blood sugar can last for several hours. Be sure to check your blood sugar regularly.
- If you have not exercised in a while, start slowly and increase gradually. Set realistic goals.
- Exercise is best if done five times a week for 20 minutes each day (work out an exercise programme in consultation with your doctor).
- Warm up slowly for about 10 minutes before exercising.
- Cool down for about 10 minutes after exercising.
- You should be able to talk or sing whilst exercising. If you can't then you are working too hard.
- Drink more water or other liquids that are low in calories while you exercise.