

Exercise Checklist

For Diabetes

Exercise is a great way to keep fit and stay healthy and is also an important part of diabetes management. Exercise requires additional planning when you have diabetes, to ensure that blood glucose stays within a safe range. It is important to remember that everyone is different. Your individual blood glucose patterns will determine your management plan for exercise. Check blood glucose levels often (before, during, and after exercise) to find patterns, and work with your diabetes team to come up with a plan.

How blood glucose can change with exercise:

- The blood glucose will often go down (drop) as the muscles use up extra glucose. This can occur during, immediately after, or even hours after exercise.
 - Some types of exercise may cause the blood glucose to rise at first.*
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Each time before you exercise or do physical activity:

Check your blood glucose.

- Is your blood glucose low? Treat yourself for hypoglycemia, and then eat a snack. Wait until you feel better before exercising.
- Is your blood glucose high (over 250)? Check for ketones. If ketones are moderate or large, **do not exercise**. Treat ketones as recommended by your doctor.
- Is your blood glucose in target range? Eat an extra 15 grams of carbohydrate for every 30 to 60 minutes of exercise. You can also take less rapid-acting insulin at the meal or snack before the activity.

Make sure you're wearing medical ID jewelry that says you have diabetes.

Along with your regular diabetes supplies, pack a bag with the following:

- Glucose tablets, candy or juice
 - Crackers and cheese, a sandwich, or some healthy snack
 - Your diabetes supplies (meter, strips, etc.)
 - A big bottle of water
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*If your blood glucose initially rises with exercise, **do not** correct right away. Wait several hours to see if it comes back down. If your blood glucose does not come back down to target range, you may start by giving half the usual correction and then re-evaluating. Please refer to the Pink Panther book (Chapter 13) for further guidelines.

To Learn More

- Diabetes Clinic
206-987-2640
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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