

## What else should I do to exercise properly?

Many people who have diabetes have problems with the nerves in their feet and legs, sometimes without even knowing it. This is called diabetic neuropathy. So it's important that you wear shoes that fit well and have plenty of room when you exercise. Otherwise you could develop blisters or other sores on your feet that can lead to infection and other problems. You should check your feet before and after you exercise to make sure there are no blisters or other sores.

### Exercise checklist for people who have diabetes

- ✓ Talk to your doctor about the right exercise for you.
- ✓ Check your blood sugar level before and after exercising.
- ✓ Check your feet for blisters or sores before and after exercising.
- ✓ Wear proper shoes and socks.
- ✓ Drink plenty of fluid before, during and after exercising.
- ✓ Warm up before exercising and cool down afterward.
- ✓ Have a sweet lolly handy in case your blood sugar level drops too low.



# You Have The Power To Manage Diabetes!

## UNDERSTAND DIABETES & TAKE CONTROL

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Contact your nearest health centre for more information today.



## How can EXERCISE help my diabetes?



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We Care for Diabetes  
- Are YOU at Risk?

## Exercise can help:

- Control your weight
- Lower your blood sugar level
- Lower your blood cholesterol/fats level
- Lower your risk of heart disease
- Lower stress-you feel better about yourself & it improves your overall health.

## What kind of exercise should I do?

This depends on whether you have other health problems. Most doctors recommend brisk walking (so that you are not able to sing a song), swimming, jogging, aerobic dance or cycling & gardening.

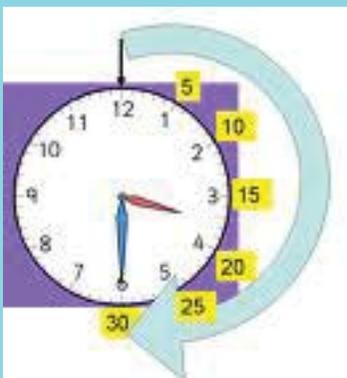


## How much exercise should I do?

For good heart health all people, are encouraged to do moderate exercise.

30 minutes a day for at least 5 days a week.

If you need to lose weight, your doctor will guide you as you may have to exercise more. Have hope! You will succeed if you put your mind to it, choose something you enjoy and find a friend to exercise with.



## What about if I have problems with my feet?

You need to do a type of exercise that won't put too much stress on your feet. These exercises include swimming, cycling, rowing or chair exercises.



## Remember to Warm up & Cool down

- To warm up, spend 5 to 10 minutes doing a low-intensity exercise such as walking.
- Then gently stretch for another 5 to 10 minutes.
- Repeat these steps after exercising to cool down.

When you start an exercise program, go slowly, Gradually increase the intensity and length of our workout as you get more fit.

## Are there any risks?

Yes, but the benefits far outweigh the risks. Exercise changes the way your body reacts to insulin.

Regular exercise makes your body more sensitive to insulin, and your blood sugar level may get too low after exercising.

You may need to check your blood sugar level before and after exercising.

If your blood sugar level is too low or too high right before you plan to exercise, it's better to wait until the level improves.



## How will I know if my blood sugar is too low while I'm exercising?

You may feel a change in your heartbeat, feel shaky or anxious, or suddenly begin to sweat more than normal. When you feel this way, you should stop exercising and follow your doctor's advice about how to treat hypoglycemia (low blood sugar).

## Take any of the following to relieve the symptoms:

- Fruit juice- ½ cup
- 2 tablespoons of raisins / sultanas
- Milk- 1 cup
- 2 sweet lollies
- 5 to 7 jelly beans
- 1 slice of fruit
- 1 tablespoon sugar, honey or syrup



If you don't feel better after 15 minutes have a bit more of the snack or have a proper meal.