

3. Avoid exercising while your insulin is having its peak effect. If you need to know more about when the insulin you are taking has its peak, check with your Doctor or Diabetes Nurse Educator.

4. Test your blood glucose before exercise. If your blood glucose is low you may need extra carbohydrate before, during or after your exercise.

5. Exercise should be avoided if your blood glucose level is high and ketones are present in your urine. Exercise may make the situation worse at this time.

6. Always carry a quick acting energy carbohydrate source with you when exercising to avoid or treat hypo's. Make sure you have received instruction on recognising, treating and avoiding hypo's.

WHAT IF I'M ON TABLETS?

You can still develop a low blood glucose (hypo), so you need to carry quickly absorbed carbohydrates with you and know how to recognise, treat and avoid hypo's.



Remember that exercise plays a very important part in improving health and helping lower blood glucose levels. It is often the missing ingredient which would complete an individuals recipe for a healthy lifestyle.

DIABETES NEW ZEALAND LET'S GET DIABETES UNDER CONTROL

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Are you aware of Diabetes New Zealand's Supply Scheme which is in place to save money?

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DIABETES

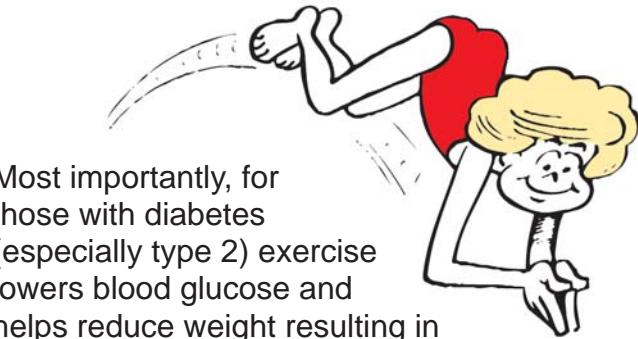
FIT FOR LIFE



EXERCISE?



Exercise can help you to feel better, sleep better, have fun, reduce tension, increase energy, live longer, improve circulation, lung function and digestion, reduce constipation, feel more alert, reduce feelings of helplessness or stress, improve muscle/fat ratio, lower blood pressure and cholesterol levels, meet new friends, and improve effectiveness of insulin.



Most importantly, for those with diabetes (especially type 2) exercise lowers blood glucose and helps reduce weight resulting in better blood glucose, cholesterol and blood pressure levels.

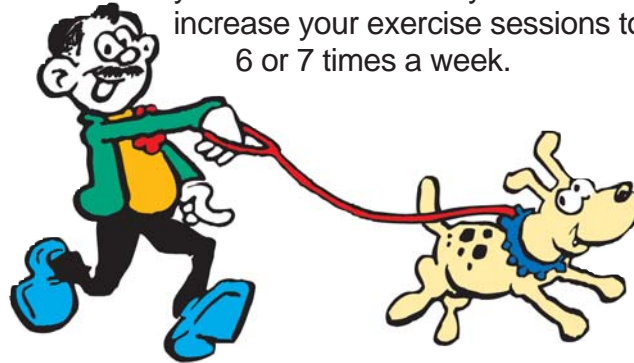
WHAT SORT OF EXERCISE?

The best type of exercise is aerobic exercise. Aerobic exercise means exercise that causes your body to use more oxygen. You know if you are exercising aerobically because you will be breathing a little heavier than normal. Examples of this kind of exercise can be - walking, gardening, washing the car, jogging, cycling, swimming, housework, or mowing the lawns.

WHERE TO START?

If you don't exercise at present, try the following:- 5 minutes gentle walking (warm up) then 5 minutes vigorous walking on 4 days of the week. Increase by 2 - 3 minutes each week. Aim for a total exercise time of between 20 and 45 minutes per session. Walk slowly at the end of each session as a cool down for 5 minutes.

By the 4th or 5th week you should increase your exercise sessions to 6 or 7 times a week.



Precautions

If you have any of the following:-
cardiac disease
diabetes complications
erratic blood glucose control
previous sedentary lifestyle
an elderly body

you should check with your Doctor before starting an exercise programme. However, these things should not prevent you from taking part in some form of exercise.

To maintain a good level of fitness, you should exercise for 30 minutes, on most days of the week. It is better to exercise every day. You will not obtain the full benefits of physical activity if you give up after a few weeks. So be patient. Remember the key to exercise is consistency - making exercise an integral part of your lifestyle.

WHAT IF I ALREADY DO REGULAR EXERCISE?

You may need an individualised programme. Talk to your Doctor or Diabetes Educator.



WHAT IF I HAVE LIMITED MOBILITY?

Most people can increase their physical activity levels to some degree, e.g. armchair exercises. These can be valuable and you should talk to your Doctor or Diabetes Educator about them.

WHAT IF I'M ON INSULIN?



1. It is important to fit regular, daily exercise into your pattern of diabetes care. Since you have a routine for eating and taking your insulin, you should try to fit regular exercise into your routine as well.

2. Inject your insulin into areas that you don't use while exercising. If you inject into an exercising muscle, the insulin can be absorbed more quickly and can result in rapid lowering of your blood glucose and hypoglycaemia (hypo's). The preferred site when walking or running is the abdomen.