

exercise & blood glucose

When you're starting a new kind of exercise, learn how your body reacts by measuring your blood glucose: before, each hour during, right after, and 2 hours after.

HIGH INTENSITY EXERCISE

Explosive power

Blood glucose climbs to fuel muscles

Be careful with bolus insulin afterward (for the next 5 hours, take 50% of your normal dose)



weight lifting



sprinting



softball

MIX OF BOTH

effects on glucose can differ depending on how intense and how long you do these - watch and learn



power yoga



cycling (racing)



mountaineering

Endurance

Blood glucose tends to fall over time

Try eating carbs before and during exercise (start with 20g snacks every hour, then adjust)



walking



cross-country ski



golfing

LOW INTENSITY EXERCISE

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Once you figure out the patterns of your blood glucose, you may be comfortable with less measuring! Create a handy log to keep track of your regular types of exercise.

sample

ACTIVITY	TYPE	MY NOTES
kickball	mostly high-intensity + some low-intensity moments	Generally increases. If I run a lot then drink some gatorade
hiking	low-intensity / endurance	Drops steadily. Eat a snack every 30 minutes. Need a good evening meal after longer hikes
weightlifting	high-intensity / explosive	OK to do nothing and measure blood glucose 2 hours after.
hockey (relaxed training)	mostly low intensity + some high intensity moments	Generally decreases. Eat 20g carb before starting and every hour.
hockey game	mostly high intensity	Generally increases. Do nothing at start. Measure blood glucose every hour and correct highs with 50% of CF.

— fill out your own

ACTIVITY	TYPE	MY NOTES



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If you haven't entirely figured out how to balance your insulin and blood glucose while exercising, consider trying one of these tips next time:




Reduce the basal rate of your pump before or after exercise



Reduce your mealtime bolus dose before or AFTER exercise



Snack BEFORE exercise (try 20g to start)



Snack DURING exercise (try 20g each hour)



Snack BEFORE bed (try 20g to start)



Talk with my healthcare team about basal insulin doses