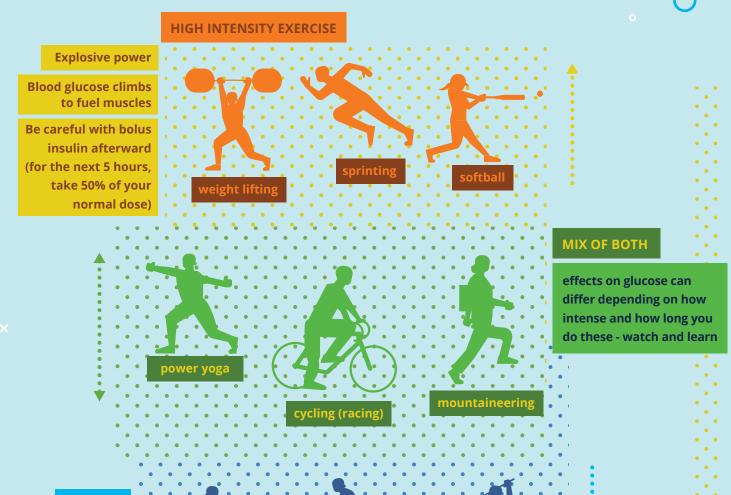


blood glucose blood glucose

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.



cross-country ski

golfing

Endurance

Blood glucose tends to fall over time

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

LOW INTENSITY EXERCISE

walking

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.

exercise & blood glucose

| | ΑCTIVITY | ТҮРЕ | 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

sample

| ΑCTIVITY | ТҮРЕ | MY NOTES | |
|----------|------|----------|--|
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blood glucose

BASAL

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 DURING exercise (try 20g each hour)

Snack BEFORE bed (try 20g to start)

X

X

0





Talk with my healthcare team about basal insulin doses