

TIPS FOR SAFE EXERCISE

- ✓ Talk to your doctor about what activities are safe for you to do, depending on the condition of your heart, blood vessels, eyes, feet, kidneys and nerves.
- ✓ Warm up for 5 minutes before starting your activity and cool down for 5 minutes afterwards.
- ✓ Avoid doing physical activity in extremely cold or hot temperatures outside. Choose indoor options when the weather is extreme.
- ✓ Drink plenty of water before, during and after the activity to stay hydrated.
- ✓ Wear medical identification bracelet or necklace and carry a cell phone with you.
- ✓ Take care of your feet by wearing well fitting, comfortable shoes and clean socks. Stay away from cotton socks as they keep in moisture.
- ✓ If you feel a low blood sugar coming on, be ready to test for it and treat it. Always carry glucose tablets or other source of sugar with you. This is especially important if you are on insulin or have type 1 diabetes.
- ✓ Do not exercise if you are sick.
- ✓ Stop doing an activity if you feel any pain, shortness of breath or lightheadedness.
- ✓ Do not exercise if your blood sugar is over 250mg/dl.
- ✓ **Eat a small carbohydrate snack before you start to exercise if your blood sugar is less than 100mg/dl.**