Exercise guidelines diabetes type 1 and 2

1. Type 1 diabetes. Take insulin short before exercising and measure glucose level.
2. Type 2 diabetes. Eat some fruit or easy obtained carbohydrates before exercising.

Hypo: The blood glucose level will keep dropping until the person eats as their body can’t regulate it itself.

Avoid having a hypo
When there is a low level of glucose in the blood it will deprive the brain from its source of energy. Occurs for people on insulin or SU tablets.
To prevent this, having regularly mealtimes are important.
This thus not happen to everyone.

Possible cause of hypo
- A delayed or missed meal or snack
- More exercise than usual – gardening, strenuous housework or sports
- An illness that means you eat less than usual

Symptoms
- Feeling sweat, cold or clammy
- Trembling or feeling weak
- Tingling around lips
- Blurred vision
- Feeling irritable, upset or angry
- Looking pale

What to do
Take some quick acting carbohydrates, such as glucose tablets or a glucose drink.
As soon as you can have some slower acting carbohydrates – sandwich or snack.
Check blood glucose level.