

EXERCISE & DIABETES

Don't let diabetes stop you from
getting your sweat-betes on!

Ginger Vieira

**Your first & most
important goal
during exercise:**

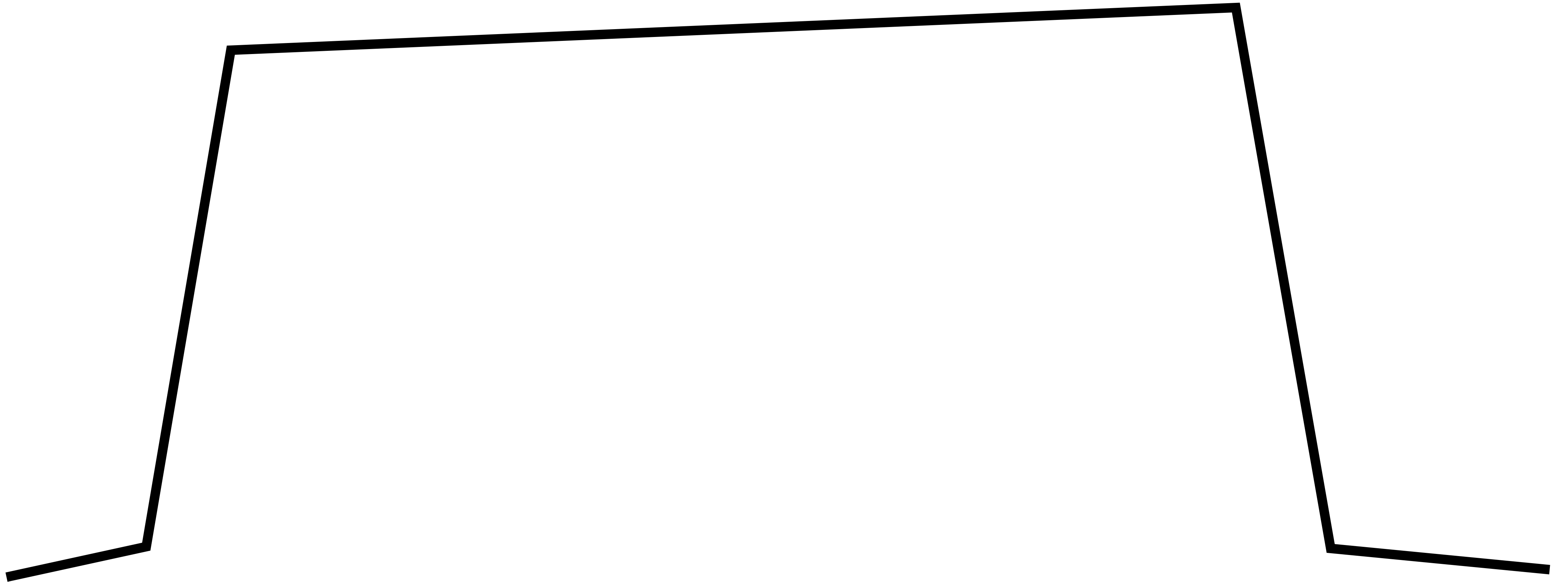
blood sugar

AEROBIC

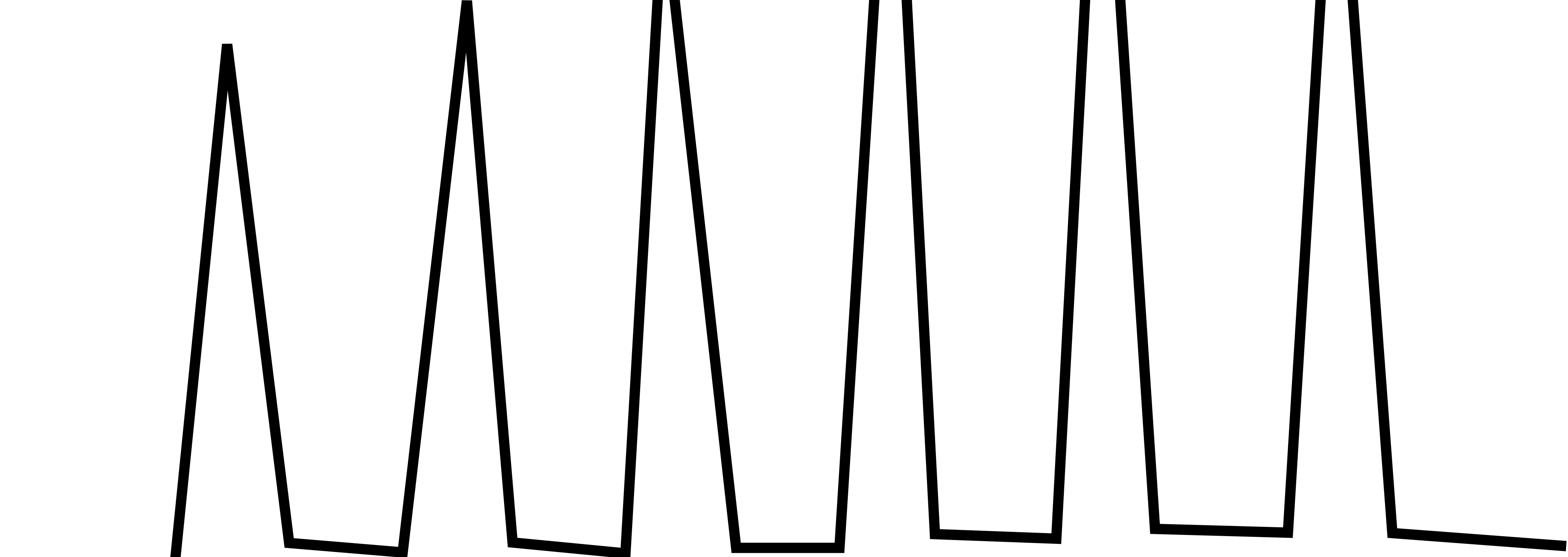
vs.

ANAEROBIC

jogging, spinning, zumba,
eliptical, powerwalking



**45 sec
intensity**



**2 minutes
recovery**

steady-state

(or fasted)

walking

THE CREAM

in your

COFFEE... ..

How long has
it been since
I took any
bolus insulin?

YOUR

DIABETES

SCIENCE EXPERIMENT

type of workout

pre-workout blood sugar

anything you eat

any insulin doses

blood sugar after 15 to 20 mins

another 15 to 20 mins

blood sugar at completion

examples

Ginger's

body (not yours)

sprints on treadmill

250 mg/dL

apple with 2 string cheese

50% correction + 2 units/food

20 minutes of intervals

final BG: 145 mg/dL

power yoga

110 mg/dL

apple with 2 string cheese

no insulin

155 mg/dL after 30 mins

final BG after 60 mins: 160 mg/dL

morning walk

95 mg/dL

nothing

nothing

45 minutes steady walking

final BG: 100 mg/dL

hike up Ventana Canyon

112 mg/dL

juice box...apple...juice box

no insulin

BG hovers 120 - 160 while climbing up

top of mountain: 160 mg/dL

do nothing, climb down mountain

final BG: 130 mg/dL

know your plan

good, wholesome fuel

check your BG often

take really good notes

NEVER

GIVE UP!