

Tips for Exercise

General tips:

- Check blood sugars **before, during and after** exercise to learn how your blood sugars respond. Always check a 2 am blood sugar after strenuous exercise.
- Remember to test for ketones if your blood sugars are >300 mg/dL prior to any activity. Do NOT exercise when moderate or large ketones are present!
- In general a cup of fluid is needed for every 20-30 minutes of moderate to vigorous activity.

If your sugar tends to go low after exercise, you can use the following tips to avoid that.

1. Give less short-acting insulin (Novolog/Humalog/Apidra):

- Cut the insulin given for carbs 30 minutes to 1 hour before activity by half. For example, if you need 5 units for carbs, then take 2.5 units instead. This is ONLY for carb calculation and NOT for high blood sugars.

2. Give less long-acting insulin (Lantus/Levemir/basal rate):

- If exercise will last for more than 3 hours, such as daily doubles, all day swimming, etc. you can avoid lows by lowering your Lantus/Levemir/basal rate **the night before by 10%** the planned activity.
- For high blood sugars right after exercise, wait 2-3 hours after exercise before you give insulin to correct them. These may be 'false' highs just due to adrenaline.
- Reduce your long-acting insulin (Lantus/Levemir/overnight basal rate) by 10-20% the night **after** a day of heavy exercise.

3. Take more carbs:

- To prevent night time lows, eat a bedtime snack with carbs, protein and fat. Whole milk is a great option.
- Do not give insulin for this snack.

ACTIVITY TYPE	BLOOD SUGAR	EXTRA CARBOHYDRATES
Light: Bowling, Ping Pong, Light walking, Yoga	<180 mg/dl	15 grams/hour
Moderate: Slow jogging, Brisk walking, Slow bike ride, Dancing	<100 100-180 181-300	30 grams before then 15 grams/hr 15 grams before then 15 grams/hour None before then 15 grams/hour
Strenuous: Sports, Rollerblading, Skateboarding, Aerobics, Running	<100 100-180 181-300	45 grams before then 15 grams/hr 30 grams before then 15 grams/hr 15 grams before then 15 grams/hr

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