

DO ACTIVITIES YOU LIKE:

- ✓ Dancing
- ✓ Walking
- ✓ Swimming
- ✓ Running
- ✓ Yoga
- ✓ Ball Games
- ✓ Playing Ring Games



ACTIVITIES TO AVOID IF YOU HAVE COMPLICATIONS

VIGOROUS ACTIVITIES

PLACING THE HEAD IN A BACKWARD OR SIDWAY POSITION FOR EXTENDED PERIODS OF TIME

REPETITIVE EXERCISE ON FEET

AVOID EXERCISE IF:
YOUR BLOOD SUGAR IS
300 MG/DL (16.7 MMOL/L)
OR HIGHER

YOUR FASTING BLOOD SUGAR IS
250 MG/DL (13.9 MMOL/L) OR
HIGHER AND KETONES ARE IN
YOUR URINE



For more information please contact us at:
RKA Building, 10-16 Grenada Way, Kgn 5
1-876-633-8172



@themohgovjm



JAMAICA
MOVES



PHYSICAL ACTIVITY & DIABETES



Always check with your doctor
before starting a physical activity
programme

BENEFITS OF PHYSICAL ACTIVITY

- ✓ Helps manage your diabetes
- ✓ Lowers blood sugar level
- ✓ Can prevent falls
- ✓ Improves memory (in older adults)
- ✓ Increases good cholesterol in your blood
- ✓ Burns fat and helps to maintain a healthy weight
- ✓ Helps you relax and sleep better



BEFORE YOUR PHYSICAL ACTIVITY ROUTINE:

- ALWAYS CHECK YOUR BLOOD SUGAR
Physical activity can positively or negatively impact your blood sugar (glucose) level.
- PACK A CANDY/SNACK TO TAKE WITH YOU
You may need it if your blood sugar goes low
- CHECK YOUR FEET
 - Make sure you do not have any wound/bruise or circulation problems
 - Check your shoes for pebbles
 - Ensure that your footwear is comfortable
 - Do not tuck shoe lace inside shoe
- DO NOT ALTER ANY MEDICATION WHILE ON A PHYSICAL ACTIVITY PROGRAMME WITHOUT YOUR DOCTOR'S CONSENT
- HYDRATE YOURSELF
 - Drink lots water before, during and after your workout.

DURING AND AFTER PHYSICAL ACTIVITY

DURING

- Keep Hydrated
- Check Your Blood Sugar*

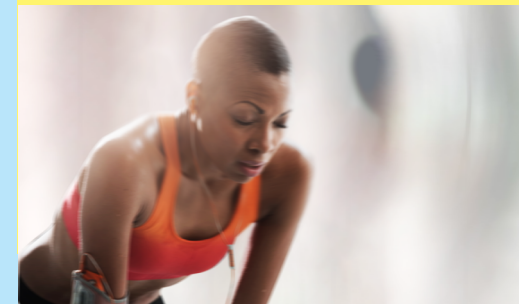
**For vigorous activities that are longer than an hour, take a short break, hydrate and if blood sugar is low, eat a snack based on doctor's recommendation.*

STOP DOING ACTIVITY IF:

- You start feeling pain
- You feel light headed/dizzy
- You become extremely fatigued
- You become un-coordinated

You might be experiencing hypoglycaemia (Low Blood Sugar)

Do not resume your physical activity programme until you see your doctor.



AFTER

- Check blood sugar 1-2 hours after exercise. Blood sugar levels could be lower for up to 24 hours.