



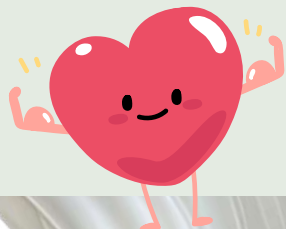
DIABETES

Movement Matters for Diabetes Management



Exercise plays a huge role

Regular physical activity is one of the most effective lifestyle strategies for managing Diabetes and improving long-term health



Make exercise a **daily habit** to better manage your condition and improve overall health!



Exercises helps you **boost stamina** and **reduces fatigue** throughout the day

Energy



It can also **reduces stress** and promote a more **positive mindset**

Mood



Regular exercise **supports heart health** and helps **control blood sugar** levels

Health



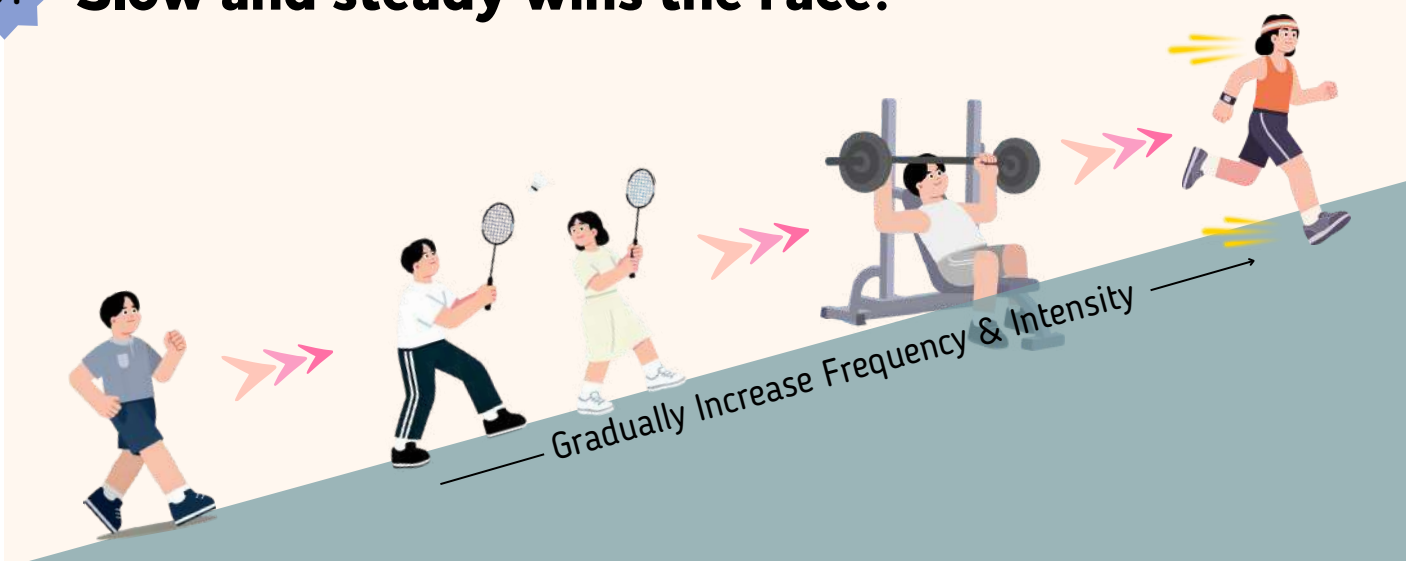
Regular exercise helps **maintain a healthy weight**, reducing strain on the body and helping control diabetes

Fitness



01

Slow and steady wins the race!



Pre-Exercise

02



- If your blood sugar level is between **5.6–15 mmol/L**, it is safe to exercise. If it falls outside this range, it would be best to *postpone* exercising
- Should your blood sugar fall **below 4 mmol/L** (*hypoglycaemic state*), do not exercise
- If it is between **4–5 mmol/L**, consume a *light snack*
- If it **exceeds 15 mmol/L** (*hyperglycaemic state*), take more fluid and stop if you feel unwell

03

Post-Exercise

- Check your blood sugar level
- if it is **less than 4 mmol/L** (*hypoglycaemic state*), take **15g of fast-acting sugars** like gummies or ½ a can of soft drinks, then *check again after 15 minutes*
- Eat your **next meal within 1 hour**, or have a *light snack* if your next regular mealtime is more than an hour away





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If you have foot ulcers or lower limb pain:



Aerobic 01

Go for **seated exercises** like recumbent bike or **non-weight bearing exercises** so as to not strain the lower body

Resistance 02

Exercises like **seated band presses** & **seated leg extensions** are great for building strength

Flexibility 03

Light Yoga exercises like **seated stretches** for arms, legs, and torso are great for building flexibility

If you are overweight

04 Aerobic

Aim for **150min of moderate intensity** activity per week, progressing to an average of **250-300 mins** per week for weight loss. Its okay to *start slow, and slowly progress at your own pace*

05 Strength & Resistance

Aim for **at least 2 days** of training each week. It's okay to *take breaks when needed* to avoid overexerting your body



If you have coronary heart disease

After a cardiac event, **obtain medical clearance before starting any exercise**. If your doctor approves, *monitor intensity* using your **heart rate** or the **talk test**. Stop exercising and contact your doctor immediately if you experience:



Chest Pain 06

Look out for any unnatural discomfort, pressure, or tightness in the chest

Dizziness 07

Feeling lightheaded or faint can be a signal of inadequate blood flow or heart strain during exercise, it is important to stop and assess you current condition immediately

Profuse sweating 07

Excessive sweating unrelated to temperature or exertion, can be a warning sign of cardiac distress

Take Note!

Not all pain is just ache or soreness, here are some actions you can take to relieve any discomfort you may feel:



1 Sit & Rest

2 Apply Ice*

3 Elevate*

***Applies to general minor sprains or strains as well**

Post-exercise soreness is normal and may last a few days. It usually subsides by itself with proper rest, hydration and nutrition. Seek medical attention if it does not get better