

Exercise & Activity

I do CrossFit, which is a mix of weightlifting and cardio, so it requires different preparations for whichever one you're doing more of. Preparations can be, reducing insulin or eating more before the workout.

Blood glucose levels should be checked before, during and after exercise. The target glucose before exercise is 7-10mmol/L. Ketones should be below 0.6mmol/L to exercise. You shouldn't exercise if ketones are above 1.5mmol/L.



Daily exercise and activity is good for:

- Heart health.
- Bone strength.
- Weight management.
- Mental health.
- Diabetes management.



To prevent low blood glucose levels before and during exercising, I can:

- Check glucose levels.
- Have a small snack.
- Reduce insulin at meals beforehand.
- Set an activity target on a pump.
- Check blood glucose levels whilst exercising.

Regular activity and exercise can have a positive impact on both mental and physical health and everyone should do 60 minutes of activity a day.

There are special rules about using some medications in some competitive sports at regional or national level. So you'll need to find out about this, if this is what you plan to do.