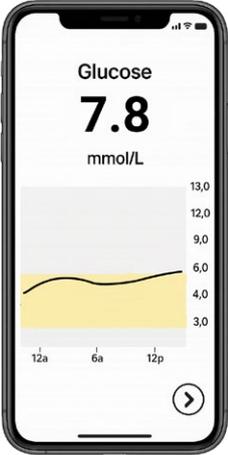


Exercise & Activity

Exercise and activities are really important to stay fit and healthy, and we need to do sixty minutes or more exercise a day.



The target glucose level before exercise is 7-10mmol/L and you shouldn't exercise if ketones are above 1.5mmol/L.



Insulin helps the body work better but can lower the blood glucose level, so it's important to check glucose levels before exercise.

If my blood glucose level is above 14mmol/L, then I need to check for ketones. And if they are 7mmol/L or below then I should have some carbohydrates as a snack.



Before exercise I should have a drink of water, check my glucose level, have hypo treatments ready and think about giving less insulin for a meal if I'm exercising afterwards.