

Exercise & Activity

Glucose levels should be checked before, during and after exercise. The target glucose level before exercise is 7-10mmol/L and you shouldn't exercise if ketones are above 1.5mmol/L.



You should check for ketones if your blood glucose level is above 14mmol/L and if it is 7mmol/L or below, then you should have some carbohydrates as a snack.



Daily exercise and activity is good for heart health, bone strength, weight management, mental health, and for diabetes management.

To prevent problems with your glucose levels when exercising, you could do some of the following:

- Consider reducing your insulin.
- Have a snack with you to prevent hypos.
- Set a low alarm on your CGM to prevent hypos.

Taking part in sport and activities can lower your blood glucose levels, but more experience will help manage this better.

There are special rules about the use of medication 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.

