

TYPE 2 DIABETES and EXERCISE

PATIENT/FAMILY INFORMATION SHEET

How does exercise affect blood glucose control?

Exercise has a short-term and long-term effect on blood glucose control. During exercise, blood glucose is lowered as glucose is used to fuel the body for the activity. The long-term benefit of exercise is increased insulin sensitivity, which means that the insulin produced by the body (or taken as an injection) is used more efficiently.

What are some additional benefits of exercise?

- Control weight and body fat
- Increase strength and endurance
- Improve blood pressure control
- Increase energy
- Reduce stress
- Increase HDL (“good”) cholesterol

How can I get started?

Before beginning a new exercise program or increasing your current regimen:

- Check with your doctor regarding special exercise considerations or limitations particularly if you have retinopathy or neuropathy.
- Have an exercise stress test prior to starting an exercise program if recommended by your doctor.
- Monitor your blood glucose level before, during and after exercise especially if you take insulin or certain diabetes medications, such as sulfonylureas. (See Greenwich Hospital Patient/Family Information Sheet on Oral Medications for Diabetes.)
 - Be prepared to treat a low blood glucose reaction (hypoglycemia); carry with you glucose tablets, gel or liquid or another source of fast-acting carbohydrate.
- Wear properly fitting walking shoes that have been “broken-in”.
- Drink sufficient water before, during and after exercise (approximately 8 oz. every 20 – 30 minutes).

Where can I learn more about diabetes and exercise?

If you have questions you may contact your physician or any of the following resources:

Organization	Phone
Greenwich Hospital Weight Loss & Diabetes Center	203.863.2939
Greenwich Hospital Diabetes Education Specialist	203.863.3929
American Diabetes Association	800.232.3472
Web Resources	
<input type="checkbox"/> American Diabetes Association: www.diabetes.org	
<input type="checkbox"/> American College of Sports Medicine: www.acsm.org	

For more Patient Education Fact Sheets, see the Greenwich Hospital web site at www.greenwichhospital.org and click on Patient Education