

## Exercise guidelines for diabetics...

### ✿ Insulin-treated diabetics

Know your blood glucose. Check your blood glucose regularly. You may need to eat more on the days you exercise vigorously.

### ✿ All diabetics

Ask your doctor about having an exercise stress test before you start any moderate or high intensity exercise program.

Know your blood pressure. Talk to your doctor before starting a new exercise program or if your top number (systolic) is regularly more than 160 or the bottom number (diastolic) is regularly more than 100.

### ✿ Warm-up and cool-down before all exercise.

Use a low level activity like walking in place for 5 minutes to warm-up and cool-down. Stretch all your large muscle groups: arms, legs, trunk, and neck.

✿ **Aerobic Exercise:** Your heart rate is a good measure of a safe exercise level if you are not taking a medicine that slows your heart rate (beta blocker or some calcium channel blockers) and/or do not have a mechanical pacemaker.

If you are taking a medicine that slows your heart rate or have a pacemaker, choose an exercise level that allows you to talk while exercising.

Intensify your routine or choose a higher pulse rate goal when you find an exercise too easy.

**How long should you exercise?** 30 to 40 minutes (not including warm-up and cool-down). Start with 10 minutes sessions and do several of them daily.

**How often?** 3 to 4 times a week.

**Special instructions?** Take your pulse in your wrist (on the thumb side) or in your neck (below the angle of your jaw). Don't press too hard. Do not rub the artery.

**Heart Rate guide** for aerobic exercise... Start at the lower rate of beats-per-minute (bpm) in your age range and fitness level.

Age range	least bpm	most bpm
20 to 30	105 - 110	150 - 158
31 to 40	99 - 104	142 - 149
41 to 50	94 - 98	134 - 141
51 to 60	88 - 93	126 - 130
61 to 70	83 - 87	119 - 125
71 to 80	77 - 82	111 - 118

✿ **Resistance Training:** Start with lower weights.

**How much weight?** Limit yourself to 1/3 to 1/2 of the highest weight you can manage in one lift. The weight may change for each muscle group.

Most kilograms in one lift	Kilogram limit for repetitions
2	½ to 1
5	1 to 2
10	3 to 5
15	4 to 8
20	6 to 10
25	7 to 12
30	9 to 15
35	10 to 17
40	12 to 20
45	13 to 23
50	15 to 25
55	16 to 28
60	18 to 30
65	19 to 33

**How many exercises?** 8 to 10 different exercises to cover upper and lower body muscle groups

**How many repetitions?** Repeat each separate exercise 12 to 15 times (which is one set).

**How long?** 20 minutes total time (not including warm-up and cool-down)

**How often?** Twice a week

**Special instructions?** Keep breathing normally when you lift. Do not hold your breath. Talk to your doctor before any lifting if you have diabetic eye problems.