

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 to slow your heart rate (beta blocker or calcium channel blocker) 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 - 30	105 - 110	150 - 158
31 - 40	99 - 104	142 - 149
41 - 50	94 - 98	134 - 141
51 - 60	88 - 93	126 - 130
61 - 70	83 - 87	119 - 125
71 - 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 a single lift. The weight may change for each muscle group.

Most pounds in one lift	Pound limit for repetitions
5	1 to 2
10	3 to 5
20	7 to 10
30	10 to 15
40	12 to 20
50	15 to 25
60	20 to 30
70	21 to 35
80	24 to 40
90	30 to 45
100	33 to 50
120	36 to 60
130	39 to 65
140	42 to 70

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.