

# MyCARE

With me, every step of the way



“ It is important to take  
**PRECAUTIONS IN TYPE 1  
DIABETES WHILE  
EXERCISING** ”



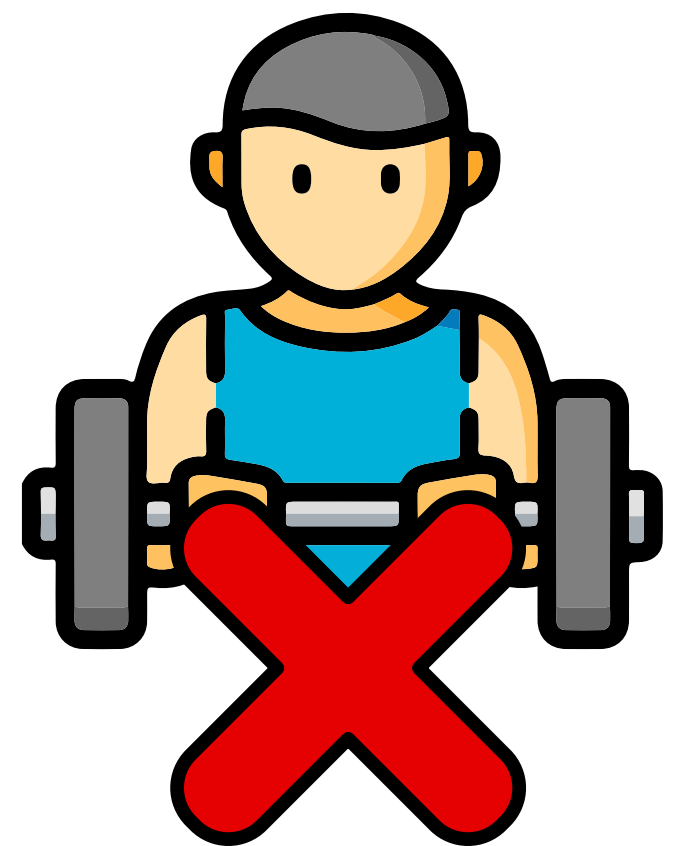
**SINCE EXERCISE CAN INCREASE YOUR RISK OF HYPOGLYCEMIA** even many hours after exercising, Insulin doses can be reduced for planned exercise to minimize its chances and the requirement for additional carbohydrate intake.



Try and maintain a  
**FIXED ROUTINE** of  
exercise



**INSULIN SHOULD NOT  
BE INJECTED** in the site  
that will be mainly  
involved in physical  
activity



**AVOID EXERCISE** if  
your blood sugar level  
is above 250mg/dL.



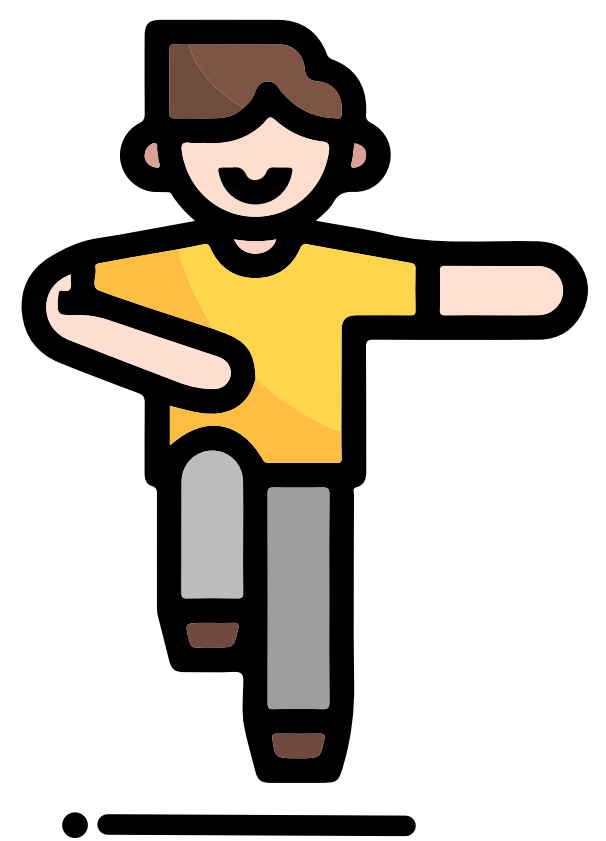
**CHECK FOR KETONES.** In the presence of elevated blood ketones ( $\geq 1.5$  mmol/L) or urine ketones ( $> 2+$ ), exercise should not be done.



Every individual is unique so **TALK TO YOUR HEALTHCARE TEAM** for individualised advice



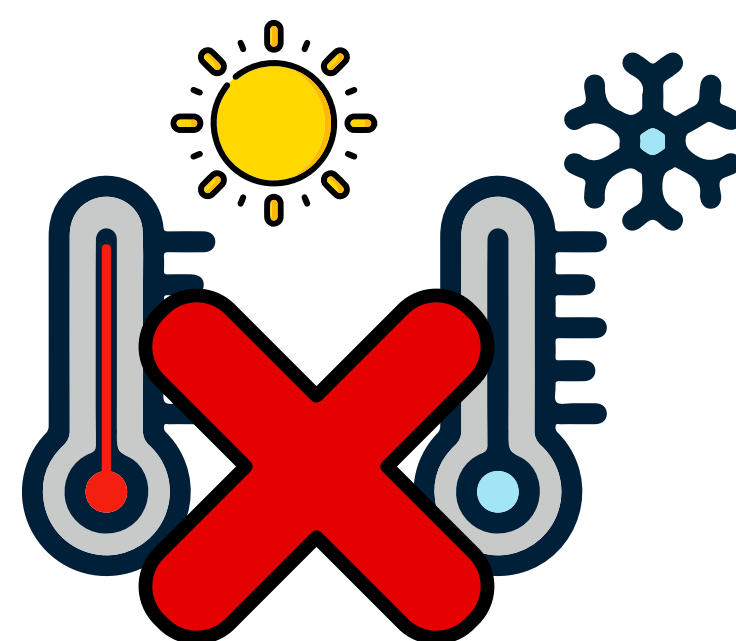
**ALWAYS START WITH** a low-intensity warm-up and end with a cool-down, especially during vigorous exercise



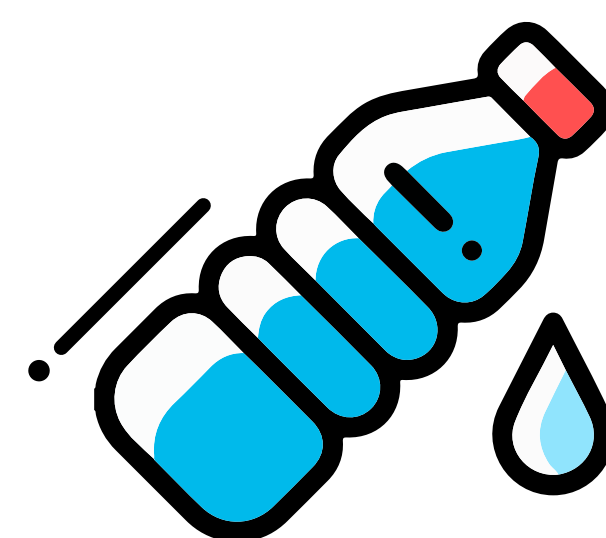
**USE PROPER FOOTWEAR,**  
and wear cotton socks that  
are comfortable and not  
too tight



Avoid exercising in  
**EXTREME HOT OR COLD  
CONDITIONS**



**KEEP YOURSELF  
WELL-HYDRATED** before,  
during and after exercise





“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator.**”



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## Reference

1. American Diabetes Association; Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers. Clin Diabetes 1 January 2022; 40 (1): 10-38.  
<https://doi.org/10.2337/cd22-as01>
2. Adolfsson P, et al. ISPAD Clinical Practice Consensus Guidelines 2018: Exercise in children and adolescents with diabetes. Pediatr Diabetes. 2018 Oct;19 Suppl 27:205-226.
3. Salis S, et al . Healthy eating and carbohydrate counting for children and adults with type 1 diabetes. Indian Foods - Edition 1, 2021. ISPAD & Life for a Child
4. ADA. Exercise and type 1. Available at <https://www.diabetes.org/healthy-living/fitness/exercise-and-type-1>

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