

Health Promotion Series-Physical Activity

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Diabetes

In addition to all the health benefits that have been previously discussed, exercise can help you control your blood glucose as well as lowering your “bad” cholesterol and increasing your “good” cholesterol. Also, with physical activity helping to prevent heart and blood flow problems, there is the added benefit of decreasing your risk of nerve damage which can be an issue for diabetics.



Because diabetics can have some special conditions with this disease, it is important to talk with your health care provider about a safe exercise program individualized for you, especially if you have heart problems, eye issues, or foot problems.

There are many safe and beneficial exercise for diabetics, but there are some that should be done with caution or possibly avoided if you have any of the following complications:

- Blood pressure, blood vessel, or eye problems-heavy weights should be avoided
- Nerve damage-ensure you are checking your feet daily, wearing cotton socks and supportive, well-fitting athletic shoes
- Hypoglycemia-if blood sugar is below 100, have a small snack and bring food or glucose tablets with you when you exercise
- Hyperglycemia-if blood sugar is above 300 or fasting blood glucose is about 250 and you have ketones in your urine, you should not exercise
- Always drink plenty of fluids because dehydration can affect blood glucose



<http://www.cdc.gov/diabetes/managing/beactive.html>