Diabetes and Physical Fitness

By Christel Oerum
Christel Oerum, founder of TheFitBlog.com
Creator of the Fit With Diabetes Challenges
ISSA Certified Personal Trainer
  • Level III Diabetes Training Program Certification from Diabetes Motion Academy
Been living with Type 1 Diabetes since 1997
Firm believer in my motto:
  • “There is Nothing You Can’t do With Diabetes”
What is Exercise?

Aerobic

Anaerobic

Heartrate Profiles

I ❤️ Burpees
Exercise & Blood Sugar

Aerobic

Anaerobic

Heartrate Profiles

Blood Sugar Trend
Strategies for Exercise & Blood Sugar

Aerobic

Anaerobic

Heartrate Profiles

or

or
Finding your Diabetes & Exercise Formula

<table>
<thead>
<tr>
<th>Track</th>
<th>Be structured!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Focus</td>
<td>Reduce your variables</td>
</tr>
<tr>
<td>BG</td>
<td>Test, test, test</td>
</tr>
<tr>
<td>Time</td>
<td>Have patience</td>
</tr>
<tr>
<td>Accept</td>
<td>(safe) missteps happen and are acceptable</td>
</tr>
</tbody>
</table>
Find the structure that helps structure you
Optimal Exercise Type for People living with diabetes

Well it depends....

• What’s your goal?
  • Decrease blood sugar now
  • Improve insulin sensitivity
  • Weight management
The key to success

Let’s be honest here…. “I’ll exercise every day and only eat celery” is a lousy idea

• Set realistic goals
• Celebrate success
• Learn and adapt (good and bad)
• Find your support system / your tribe
What’s Next?

• Resources:
  • TheFitBlog.com
  • DiabetesSisters.org

• Finding your tribe
  • Fit With Diabetes Challenge (Next May 3rd 2017)
  • Facebook groups
  • 2017 Weekend for Women Conference

• The Science:
  • Exercise management in type 1 diabetes: a consensus statement. Lancet Diabetes Endocrinol 2017