EXERCISE & DIABETES

Don’t let diabetes stop you from getting your sweat-betes on!

Ginger Vieira
Your first & most important goal during exercise: blood sugar
AEROBIC vs. ANAEROBIC
jogging, spinning, zumba, eliptical, powerwalking
45 sec intensity

2 minutes recovery
steady-state (or fasted) walking
THE CREAM
in your
COFFEE...
How long has it been since I took any bolus insulin?
YOUR DIABETES SCIENCE EXPERIMENT
type of workout
pre-workout blood sugar
anything you eat
any insulin doses
blood sugar after 15 to 20 mins
another 15 to 20 mins
blood sugar at completion
examples
Ginger’s
body (not yours)
sprints on treadmill
250 mg/dL
apple with 2 string cheese
50% correction + 2 units/food
20 minutes of intervals
final BG: 145 mg/dL
power yoga

110 mg/dL

apple with 2 string cheese

no insulin

155 mg/dL after 30 mins

final BG after 60 mins: 160 mg/dL
morning walk
95 mg/dL
nothing
nothing
45 minutes steady walking
final BG: 100 mg/dL
hike up Ventana Canyon

112 mg/dL

juice box...apple...juice box

no insulin

BG hovers 120 - 160 while climbing up

top of mountain: 160 mg/dL

do nothing, climb down mountain

final BG: 130 mg/dL
take really good notes

know your plan
good, wholesome fuel
check your BG often
take really good notes
NEVER GIVE UP!