

Exercise Safely



It is great to exercise. But you should make sure that you exercise safely at all times. Following the safety tips can make a big difference to your health.

Be smart about your diabetes

- ▶ It is very important to check your blood sugar level before you exercise if you are on insulin. Your blood sugar level must be above 70 but below 300.
 - ▶ If your blood sugar is above 300 check for ketones in your urine. If ketones are moderate or large, do not do physical activity. Contact your doctor or diabetes educator.
 - ▶ If your blood sugar is below 70, snack the way your diabetes educator has told you to.
- ▶ Do not do physical activity if you are sick or if your doctor tells you not to.
- ▶ Let your friends, teachers, and coaches know that you have Type 2 diabetes. Tell them how to help you if you need it.
- ▶ Wear a diabetes ID necklace or bracelet that shows whom to call in case of an emergency.

Be smart when doing physical activities

- ▶ Wear comfortable clothing and supportive shoes.
- ▶ Go slowly when you try something new. Stop if you feel pain.
- ▶ Warm up before exercising. Cool down afterwards. Include stretching.
- ▶ Find a certified and experienced instructor if you're trying something new.
- ▶ Use good technique when stretching. Do not bounce. Stretch both sides of your body.
- ▶ Be sure to drink plenty of water before, during, and after you exercise.

Be smart when doing resistance training

- ▶ Always use proper form. Learn what joints and muscles an activity helps.
- ▶ Breathe out during the hardest part of the activity. Never hold your breath.
- ▶ Rest between sets.

Additional resources

- ▶ Get Physical, Be Active, and Get Healthy: LC 9
- ▶ Make Physical Activity Part of the Daily Routine: Magnetic Memo 9
- ▶ Get Healthier with Resistance Training: LM 13

Suggested activity

Do a safety check. Are you following all the safety tips? If not, what do you need to improve? Try having your parent or PAL watch you to make sure that you are doing the activity correctly.

My notes

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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Especially for the Family Support Person

How can I help him exercise safely?

- ▶ Make sure he is keeping his diabetes in mind when he is physically active. Remind him to check his blood sugar level before he exercises if he is on insulin. His blood sugar level must be above 70 but below 300 to be safe.
- ▶ Remind him to wear his diabetes ID necklace or bracelet.
- ▶ Check out the safety record of any programs he wants to join.
- ▶ Go over the safety tips together. Make sure he is following them all.
- ▶ Make sure he has proper clothing and equipment to do the activity.
- ▶ Offer to watch him when he does an activity to make sure he is doing it correctly.

What else can I do?

- ▶ Talk to him about his physical activity goals.
 - ▶ How active does he want to be? Does he want to do Fitness Boosters?
 - ▶ What are the steps he can take to meet his goals?
- ▶ Praise him when he follows through on his plan. And when he follows the safety tips and guidelines.
- ▶ Talk to him about why doing GREEN physical activity is so important.
 - ▶ It helps keep diabetes in check.
 - ▶ It will keep him healthier for life.
- ▶ Make sure he knows how important being physically active is to you.
 - ▶ Be as active as your doctor says you can be. This helps you improve your own health.
 - ▶ Be a model. You don't have to do all the same activities. Showing him that you are active is what counts. For example, going for frequent walks sends a strong message.
 - ▶ Talk about what you do. And why it's important to you.

Additional resources

- ▶ Get Your Family to Be Physically Active: LC 9
- ▶ Make Physical Activity Part of the Daily Routine: Magnetic Memo 9
- ▶ Get Healthier with Resistance Training: LM 13

Suggested activity

Go over these safety tips together. Be sure you follow them. Encourage him to do the same.

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