



# Physical Activity and Checking Your Blood Glucose

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You can learn how physical activity affects your blood glucose by checking your blood glucose level just before and just after your activity. Work with your diabetes care team to learn what to do if your blood glucose level is too high or too low.



I will delay my physical activity session if my blood glucose is greater than \_\_\_\_\_ mg/dL, and/or \_\_\_\_\_ ketones are in my urine (if you test for ketones).

I will take the following steps to lower my blood glucose level before I exercise:

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When you take insulin or certain oral diabetes medications you are at risk for **hypoglycemia**, or low blood glucose.

I will delay my physical activity if my blood glucose is less than \_\_\_\_\_ mg/dL.

I will take the following steps to raise my blood glucose level before starting a physical activity session:

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I will take the following steps to raise my blood glucose level during or after a physical activity session, if my blood glucose level is too low:

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