

## Check T.H.I.S – A Basic Guide for Exercise and Diabetes

	<b>Before</b>	<b>During</b>	<b>After</b>
<b>Test</b>	Blood glucose must be between 5-14 mmol/L	Test blood glucose every 30 minutes during long periods of exercise	Test blood glucose after exercise. Test overnight if the exercise was high intensity, long duration, or unplanned
<b>Hydrate</b>	Drink 1 cup (250 mL) 20-30 min before activity	Maintain fluid intake of 1 cup (250 mL) for every 20-30 minutes of activity	Replace fluids with either water or sports drink
<b>Insulin</b>	Insulin may be adjusted for moderate to high intensity activity lasting 30 minutes or longer	Adjustments may be needed during long duration activities	Adjustments may be needed for up to 24 hours after activity
<b>Snack</b>	You may need a commercial sports drink to provide some carbohydrate Carry carbohydrate choices with you	Carry carbohydrate choices with you (more than you need) High glycemic index snacks may meet carbohydrate needs faster – consume just prior to, during exercise and within an hour after	Snack within 30 minutes after the activity and again within 1-2 hours. Avoid consuming alcohol. Add a second snack of low glycemic index food to protect against delayed hypoglycemia