What happens to your BGL when you exercise?

<table>
<thead>
<tr>
<th>BGL drops during or after exercise</th>
<th>BGL rises during exercise</th>
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</thead>
<tbody>
<tr>
<td>Lower intensity exercise such as running, swimming, cycling, can <strong>lower BGLs during</strong> exercise as well as <strong>after exercise</strong> (for up to 24 hours)</td>
<td>Intense exercise such as weight lifting, sprints and racing can <strong>raise BGLs during</strong> exercise due to stress hormones. <strong>BGLs usually fall after</strong> exercise</td>
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**Strategies to avoid hypoglycaemia**
To prevent hypoglycaemia during and after exercise, **extra carbohydrate, less insulin** or both may be required, either:
- before
- during or
- after exercise.

**Strategies for exercise that raises BGL**
The rise in BGL is often short-lived then can drop afterward.
- You may choose monitor the rise but be prepared for the fall in BG later.
- **Extra carbs or less insulin** may be needed **after exercise**.

**REDUCING INSULIN AND/OR EXTRA CARBOHYDRATE**
If exercise is **planned within 2 hours** of a rapid acting insulin dose, you can decrease the rapid acting insulin. For moderate or intense exercise reduce rapid insulin by 30-50%

Your diabetes team can assist you in making decisions about reducing insulin doses

**AND/OR**
You may choose to consume carbohydrate **before, during and/or after** exercise. If you are not sure about how much carbohydrate you need, a good guide is:
- 1 x 15 g carb serve (15g)/hour - gentle exercise
- 2 x 15 carb serve (30g)/hour - moderate intensity exercise
- 4 x 15g carb serve (60g)/hour – maximal exercise

**Extra tips:**
- Test BGLs **before, during and after** exercise to learn what strategy works best for you
- Ensure BGLs are above 7mmol/L before and during exercise and if below this take 15g of carbohydrate.
- Always carry quick acting glucose when you exercise
- You may also reduce long acting insulin for long duration exercise. If planned reduce the previous long acting insulin dose by 30-50%. Reduce the evening dose by 20%.
- Blood glucose testing and record keeping are the keys to success!