

## Effects of Activity on Blood Glucose Levels

One of the benefits of exercise is the lowering of blood glucose levels. It is important that you recognize symptoms of low blood glucose, so that you can be prepared to treat this condition.

Lance monitors his blood glucose levels before, during and after exercising. Monitoring his blood glucose levels at least two times after exercising, helps him avoid unexpected low blood sugars and safely treat them.

## Be Aware of How You Feel During Your Activity

Stop the activity and check your blood sugar if you feel:



Feeling shaky, weak or hungry



Dizziness or headaches



Sweating



Problems with vision

If you experience these symptoms and your blood glucose is low, eat a snack. Always have glucose tablets, fruit juice, regular soda or other fast-acting glucose nearby.



### Quick Tip

**Thirty minutes before exercising, check your blood glucose and document the results. If your blood glucose is within your normal range, start your program. If your blood glucose is too low, eat something and recheck before beginning.**

## Activity Program

Whether your goal is to lose weight, lower your blood pressure or improve your overall mental and physical well-being, a physical activity program is the key to achieving your goal.

Lance shared his Tips to make your Activity Program enjoyable:



### Keep It Fun

Vary your activities to prevent boredom, exercise with a friend, join a group in your community that supports your interests.



### Keep It Safe

Wear a medical ID bracelet, proper fitting shoes and socks to prevent feet irritation. Stretch muscles before and after exercising to prevent soreness.



### Keep It Healthy

Monitor your blood glucose before, during and after exercise. Adjust meals and medications as needed.

## How To Start Smart

- Slowly – 5 to 10 minutes per day
- Gradually work up to 30 – 40 minutes a day
- Be active 3 – 4 times per week
- Eat a snack before or during your activity to help prevent low blood glucose
- Stretch before and after physical activity to prevent injury



## Benefits of Physical Activity

When Lance was diagnosed with diabetes, he started incorporating physical activity into his daily routine. His diabetes healthcare team explained to him the benefits of having a physical activity program, and he now enjoys a healthier life.

Starting a physical activity program improved Lance's blood sugar levels and reduced his need for diabetes medications.

### Benefits of Regular Activity

- Helps to lower blood glucose levels
- Improves blood pressure and cholesterol levels
- Enhances muscle strength, tone and endurance
- Weight loss and maintenance of desirable weight
- Increases emotional well-being
- Improves overall health, increases energy levels, and reduces stress



Visit [www.MeetLance.com](http://www.MeetLance.com) for more helpful tips!

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# Physical Activity, Emotions and Diabetes

A TRUEinsight™ Education Guide

## Meet Lance.™

He was just diagnosed with diabetes...



Lance learned how to manage his diabetes by improving his health and well-being. Keep reading to learn how.

## Learning About The Diagnosis

When you are diagnosed with diabetes, it can be stressful and seriously affect your emotions. Accepting your diabetes is the first step to improving your health and living a healthy life.

Lance met with his diabetes healthcare team and learned about the different emotions he could experience during the diagnosis phase.



## Emotions You May Experience

### Denial

Create and maintain a diabetes care plan that includes your healthcare goals. If you find you are denying some parts of your diabetes care, then ask your diabetes healthcare team for help.



### Fear

The key to overcoming fear is to gain knowledge and understanding of diabetes. Know the facts about the risk of long-term complications from diabetes.



### Guilt

Rather than feeling guilty, take charge of your diabetes by empowering yourself. Reward yourself for what you're doing right now, rather than dwelling on what you may have done wrong.



## Emotions You May Experience

### Anger

Discover what is making you angry and how this anger is affecting your life. Try to change the thoughts, physical responses, and actions that fuel your anger.



### Confusion

Write a daily lifestyle plan to get the confusion of diabetes under control. This should include times to check your blood glucose levels, take medicine, participate in physical activities and eat healthy, nutritious meals.



### Depression

Depression can often be effectively treated with counseling, medication, or a combination of both. Following a healthy meal plan, being more active, and engaging in stress-relieving activities are steps that can help.



## The Four-Step Path

After being diagnosed with diabetes, Lance felt overwhelmed. His healthcare team explained to him that there are four areas he needs to understand and focus on.

By focusing on these areas, Lance was able to manage his diabetes.



### Quick Tip



It's important to realize that you are not alone when it comes to a diagnosis of diabetes. According to the CDC, 23.1 million people in the U.S. were diagnosed with diabetes in 2017!

### Quick Tip



Most people learning that they have diabetes experience a range of emotions, starting with denial and also including fear, guilt, anger, confusion and depression.

### Quick Tip



Work hard to keep your blood glucose levels as close to normal as possible. When blood glucose levels are high, they can lead to mood changes that can result in depression.

### Quick Tip



Checking your blood glucose levels is an important part of a diabetes management plan. Regular self-monitoring provides information about how your daily management plan is working to control blood glucose levels.