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The Health Advisor

How to be Fine, Fit and Fabulous

Being physically active is something that everyone should do, including people with diabetes and those at risk for developing it. Exercising, along with eating a healthy diet, can help those with diabetes control their disease. If you are at risk of becoming diabetic, staying active can help you avoid developing diabetes in the future.

Before you sign up to run the next marathon or bike in the Tour de Bronx, the American Diabetes Association (ADA) recommends that people with diabetes first follow a few helpful tips. These tips can help anyone get started, especially those who have not exercised in the past.

Visit your Doctor

Schedule a visit with your doctor before beginning any form of exercise. If your tests show signs of disease, ask what exercises will help you without making your conditions worse.

Be Rational

After making the decision to begin exercising, choose activities that are challenging but not too difficult.

Start Slow

Allow yourself time to get into a routine. Start off by working out for 30 minutes for two days a week and gradually increase your days up to four. *Don't get discouraged.* Set a goal for yourself each week and once you reach it, find a rewarding way to treat yourself.

Check your Blood Glucose (Blood Sugar)

Everyone's blood glucose responds to exercise in a different way. If you have diabetes, it is very important to check your blood glucose before and after exercising so you get to know how your body responds

Avoid Low Blood Glucose

During exercise, check your blood glucose if you notice symptoms such as hunger, nervousness, shakiness or sweating. If low blood glucose is interfering with your exercise routine, try eating a snack before your workout or adjusting your medication. Talk to your doctor about what's best for you.

Bring a Snack Plan to have water and snacks available during your workout. Carry a source of carbohydrate with you, like juice or bread, in case you have to treat low blood glucose. And always drink plenty of water before, during and after activity to prevent dehydration.

Wear your ID

In case an emergency occurs during your workout, a medical identification bracelet, necklace or even a medical ID tag should be worn to inform others of your condition.

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