



Exercise to lower blood sugar

If you have diabetes, physical activity is a great way to keep blood sugar in check. Being active makes your body more sensitive to insulin, which helps lower blood sugar to healthy levels.

Aim for at least 150 minutes of moderate-intensity physical activity per week. Moderate intensity means your heart rate should be elevated, but you should be able to speak normally. Consider adding strength training a few times a week to help your muscles use insulin.

Here are more tips:

- Check with your doctor for exercises that are best for you.
- Check your blood sugar before exercising, especially if you take insulin.
- Recheck your blood sugar once you finish exercising.
- Drink plenty of water before, during, and after exercise.
- Have a snack on hand in case your blood sugar gets low.
- Wear good-fitting shoes and socks.
- Monitor your feet for sores.
- Aim for at least 20 minutes of exercise each day.