

# How to Monitor the Intensity of Your Exercise?

Use the Talk Test:

**Exercise at moderate intensity**



**You should be able to talk but not be able to sing**

Before exercise:

- Measure your blood glucose level
  - Have a 15gm carbohydrate snack if blood glucose is below 5.5mmol/l
  - Do not exercise if blood glucose is above 16.7mmol/l
- Wear comfortable shoes
- Do some warm-up exercises

During exercise:

- Look out for signs of low blood glucose e.g. dizziness, shaking, hunger or irritability
- Ensure sufficient hydration during exercise

After exercise:

- Do some cool-down exercises
- Check your foot for any blisters/sores/cuts
- Check your blood glucose again, if it is below 5.5mmol/l, eat a 15gm carbohydrate snack

## Clinic B1C

TTSH Medical Centre, Level Basement 1

### Contact:

6357 7000 (Central Hotline)

6357 8000 (For non-subsidised  
Appointments)

## Department of Physiotherapy

# Fight Diabetes Through Exercise





## What Is Diabetes Mellitus?

Diabetes mellitus (DM) is a condition in which the amount of glucose (sugar) in the blood is too high.

Glucose comes from digestion of starchy food like bread, potato, rice and other sweet foods. The liver in your body also produces glucose.

A hormone called insulin is produced in the pancreas that controls the amount of glucose in the blood. Insulin helps to break down glucose from the blood into the cells where it is used for energy by the body.

## What are the Different Types of Diabetes?

There are two main types of diabetes:

**Type 1 Diabetes:** Body is unable to produce insulin.

**Type 2 Diabetes:** Body becomes resistant to the effects of insulin and/or gradually loses the ability to produce enough insulin.

**Exercise** is essential to help manage and prevent diabetes as it increases the body's sensitivity to insulin.

## What are the Benefits of Exercising in Diabetes?



REDUCES &  
MAINTAINS WEIGHT



REDUCES &  
REGULATES BLOOD  
GLUCOSE LEVELS



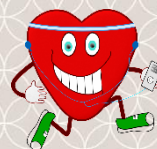
LOWERS  
CHOLESTEROL  
LEVELS



LOWERS BLOOD  
PRESSURE








INCREASES BONE  
MASS DENSITY &  
MUSCLE MASS



IMPROVES  
CARDIOVASCULAR  
HEALTH

## What are the Different Types of Exercises?

Aerobic	30 minutes of exercise on most days of the week to accumulate 150 minutes per week	 Brisk Walking
	Moderate Intensity	 Swimming
Strength Training	Each session should last at least 10 minutes	
	2 -3 times per week	 Weight Machines
	Start with 1-3 sets of 10-15 repetitions.  Gradually progress to heavier weights completing 1-3 sets of 8-10 repetitions	 Free Weights
Flexibility	Daily	
	Perform stretch, hold for 30 seconds and repeat each stretch 3 times, working both sides of the body equally	 Trunk, Chest, Hamstrings & Calf Stretch