

Exercise: Fact Sheet

- **Exercise usually makes blood glucose levels go down, but sometimes levels can rise for a short period during or just after strenuous competitive activities.**
- **Blood glucose levels need to be monitored closely before, during and after exercise.**
- **An individualised exercise plan may include reducing insulin doses, taking additional carbohydrate, or a combination of both to prevent exercise-related hypoglycaemia.**
- **Delayed hypoglycaemia can occur up to 24 hours following exercise – sometimes additional late evening or overnight blood glucose tests will be required after strenuous or prolonged periods of exercise.**
- **Discuss an individualised exercise plan with your diabetes team.**