

The main variables impacting the way blood sugar responds to exercise:

- The amount of insulin in circulation
- Blood glucose value before exercise
- The nutritional composition of the meal or snack before exercise
- Intensity (how hard)
- Duration (how long)
- Weather conditions: heat, cold, and altitude

Design Your Own Protocol

To create a program that works for you, here are some things to address in your plan.

What type of exercise will you do?

At what time and for how long?

Will it be aerobic, anaerobic, or mixed?

What time will you eat a meal prior to your workout?

Will you decrease your bolus or eat fast-acting carbs before exercising?

Answer these questions before you begin your workout:

What is your blood sugar?

Do you need to eat uncovered carbs before your workout?

During your workout, what do you expect your blood sugar to do?

After your workout, do you need to give yourself extra time to cool down?

When do you plan to eat your next meal to support recovery and overnight blood sugar?

Do you need to decrease your basal rate or set a temporary basal before bedtime?

Other factors I need to consider in my exercise protocol?