



# JUPITER CARE CLINIC

Neuro-Diabetes Care  
Compassion | Commitment | Cognizance

## Exercise Guidelines for Diabetic Patients

Regular exercise is one of the most powerful tools for managing diabetes. It improves blood sugar control, heart health, weight, and overall well-being.

### ■ Types of Exercise

Type	Examples	Benefits
<b>Aerobic Exercise (Cardio)</b>	Walking (30–45 min daily) Cycling Swimming Dancing	Improves heart health Lowers blood sugar Burns calories
<b>Resistance / Strength Training</b>	Light weight lifting Resistance bands Squats, push-ups, body-weight exercises	Improves insulin sensitivity Builds muscle Helps weight management
<b>Flexibility &amp; Balance Exercises</b>	Yoga Stretching Tai chi	Reduces stress Improves balance Prevents falls & injury

### ■ Recommended Exercise Routine

Parameter	Recommendation
<b>Frequency</b>	At least 5 days per week
<b>Duration</b>	Minimum 30 minutes/day (total 150 min/week)
<b>Breaks</b>	Avoid sitting >30–60 min continuously — take short walks
<b>Intensity</b>	Moderate (brisk walking, light jogging) — you should be able to talk but not sing

### ■ Safety Tips Before, During & After Exercise

- Check blood sugar BEFORE and AFTER exercise (especially if on insulin).
- Keep a small snack or glucose tablet handy for low sugar (hypoglycemia).
- Wear comfortable, well-fitting shoes to prevent foot injuries.
- Stay well hydrated — drink water before, during, and after exercise.
- Avoid strenuous activity if blood sugar >250 mg/dL (with ketones) or <100 mg/dL.
- Start slowly and gradually increase intensity — do not push through pain.
- If you feel dizzy, very tired, or have chest pain, stop immediately.

### ■ When to Seek Immediate Medical Help

- Very high or very low blood sugar
- Fainting, confusion, or severe weakness
- Sudden vision loss (even in a single eye)
- Chest pain or shortness of breath
- Foot wounds, infections, or non-healing ulcers

