

# Diabetes and Exercise



The Diabetes, Endocrine & Metabolism Centre offers one-stop accessible care to patients and is staffed by experienced endocrinologists, diabetes nurse educators, podiatrists and dietitians to manage patients' diabetes, thyroid problems, obesity and other related disorders. Patients with lipid, calcium and bone disorders, pituitary disorders, adrenal disorders and endocrine hypertension can approach us to find out more.

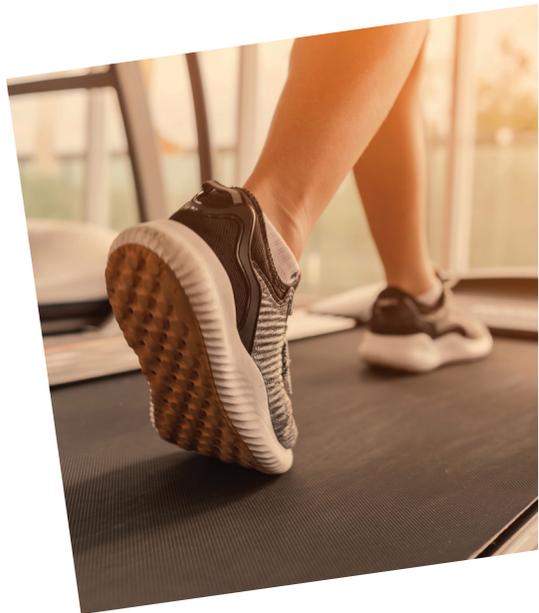
## Diabetes and Exercise

150 minutes of moderate-intensity exercise every week can improve your health. This means exercising 30 minutes 5 times a week. Moderate-intensity exercise means that you are able to talk, but not able to sing during the exercise.

Consult your doctor before starting your exercise program, especially if you have heart problems or damage to your eyes, kidneys or nerves due to diabetes. They will be able to advise you on the suitable exercises you can do, and the best time to exercise. Start gradually and be consistent with your exercise to avoid injury.

## Benefits of exercise

- Better blood glucose (sugar) control
- Weight loss
- Lower risk of heart disease
- Stress relief



## Tips for exercising safely

- Wear comfortable and well-fitting shoes. Check for cuts, sores and blisters on your feet
- Carry your Medik Aware card to identify yourself as a person with diabetes in case of emergency
- Drink plenty of water
- Look out for low blood glucose. Have fast-acting carbohydrate food (e.g. sweets, glucose tablets or sugar drinks) on hand.
- Check blood glucose before and after exercising, and every 30 minutes during exercise
- If your blood glucose is below 5.5 mmol/L, take a carbohydrate snack (eg. 3 pieces of crackers or 1 small piece of fruit) before exercising
- Do not exercise if your blood glucose is:
  - Above 14 mmol/L and you have ketones
  - Above 16 mmol/L
  - Below 4 mmol/L
- Follow our High Blood Glucose and Low Blood Glucose information brochures if you have any of the above
- Exercise in the evening may lead to low blood glucose overnight. Eat a small snack with 15 grams of carbohydrate at bedtime (eg. 3 pieces of crackers or 1 small piece of fruit) to avoid low blood glucose.

### References:

- Joslin Diabetes Centre. (2018) What Should My Blood Glucose Goals Be Around Physical Activity? Retrieved from: <http://www.joslin.org/info/blood-glucose-sugar-goals-for-exercise-and-physical-activity.html>
- Diabetes.co.uk. (2018) Diabetes and Exercise. Retrieved from: <https://www.diabetes.co.uk/exercise-for-diabetics.html>

**Notes:**

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

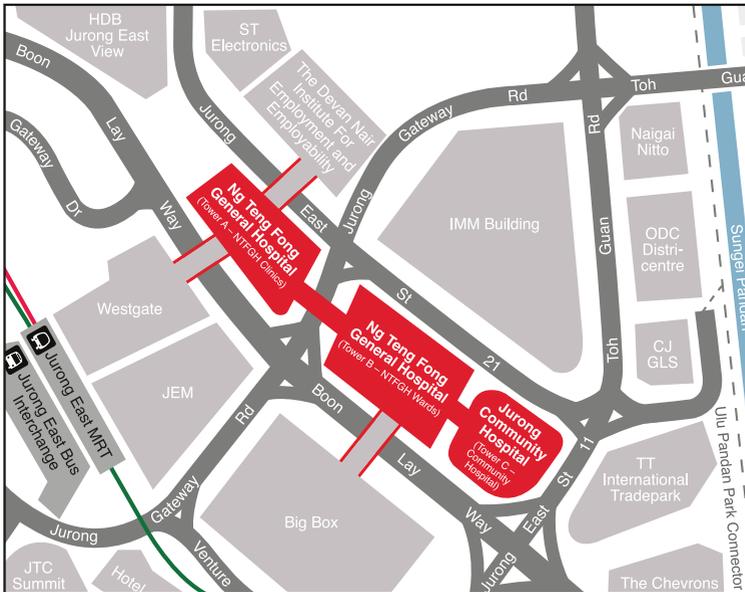
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.