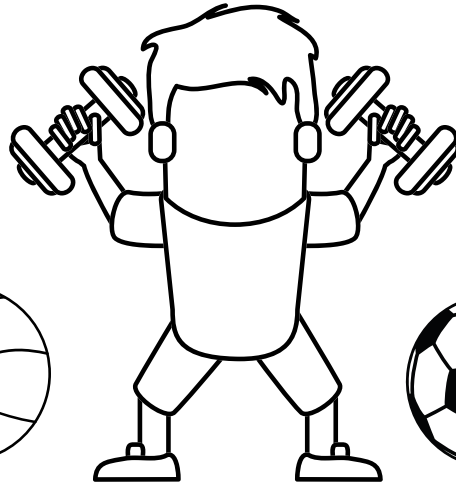
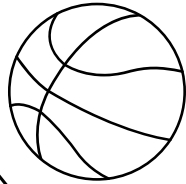
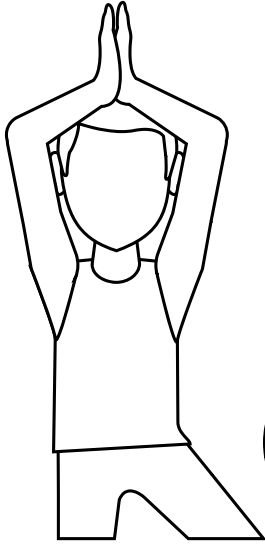


EXERCISE



Get Moving!

Exercise is important because it lowers blood glucose levels and improves your body's ability to use insulin.

Physical activity can cause blood glucose to drop so remember these tips:

- Eat extra carbohydrates, before your activity.
- Check your blood glucose level before, during, and after your activity.
- Keep snacks, glucose tablets, juice, water, and insulin close by.
- Be sure to check blood sugar levels more frequently after the activity and overnight to assess if insulin doses need to be adjusted.

