

Exercise Plan

Ask your doctor to help you create an exercise plan that will work for your individual needs. Keep track of your blood sugar before and after exercise, and discuss your results with your doctor.

E X E R C I S E P L A N				
Type of exercise	How	When	Blood sugar before	Blood sugar after
Warm-up/Cool-down				
Stretching and Range of Motion				
Muscle Toning and Strength				
Aerobic Conditioning				
Other				