



**MODULE 3**

# **FUEL TO FEEL WELL & MOVE YOUR BODY**



**BEYOND TYPE 1**

**BEYOND DIAGNOSIS**

# WHAT YOU'LL LEARN HERE

- 💧 Physical activity with Diabetes
- 💧 Food & Healthy Nutrition Basics
- 💧 Diabetes Plate Method & Carb Counting
- 💧 Food Journaling

BEYOND DIAGNOSIS

# AMBASSADORS



LIVING WITH  
TYPE 1



## BRIDGET WOOD

*“Find your community  
and take it slow.”*



[VIEW BRIDGET'S VIDEO](#)

LIVING WITH  
TYPE 2



## ALEXANDRA

*“Even on the days I lack  
motivation, I make  
movement playful.”*



[VIEW ALEX'S VIDEO](#)

# ACTIVITY IS GOOD FOR ALL OF US



- Move more and sit less throughout the day.
- Ask your doctor if there are any reasons you should avoid being active.
- 150-300 minutes of moderate physical activity 5 days per week OR 75 minutes of vigorous physical activity per week.
- Even more activity is even better for us!
- Adults should also do muscle-strengthening activities on 2 or more days a week.



[VIEW NIH GUIDELINES](#)

# WHAT “COUNTS” AS ACTIVITY?

## AEROBIC ACTIVITY

Gets our heart pumping. Some ideas are: walking, gardening, bicycling, water aerobics, swimming, dancing, sports (tennis, soccer, basketball, hockey), Pushing a grocery cart around a store.

## MUSCLE-STRENGTHENING ACTIVITIES

Like pushups and situps, lifting weights, climbing stairs, and digging in the garden improve the strength, power, and endurance of your muscles.

## BONE-STRENGTHENING ACTIVITIES

Like running, walking, jumping rope, and lifting weights help make your bones strong.

## BALANCE ACTIVITIES

Like walking backward, standing on one leg, walking heel-to-toe, practicing standing from a sitting position, or using a wobble board improve your ability to resist forces that can make you fall.

## FLEXIBILITY ACTIVITIES

Like stretching, touching your toes, doing side stretches, and doing yoga exercises improve your flexibility and your ability to fully move your joints.



# DIABETES & ACTIVITY

Moving more can do wonders for your blood sugar, heart health, stress, mood and sleep.

## START SMALL

Every little bit helps! Taking a light walk with a loved one, pet, or alone is a good first step. Integrate walking into daily routines (e.g., walking to the store, taking stairs).

## FIND ACTIVITIES YOU ENJOY

There's no wrong way to be active. Choose activities that you enjoy best and stick with them!



[VIEW BT1  
EXERCISE GUIDE](#)



[VIEW BT2  
EXERCISE GUIDE](#)





# OPEN DISCUSSION

*Reflect on a few things that make it difficult for you be active.*



# DOES ACTIVITY CAUSE HIGH OR LOW BLOOD SUGAR?

Different types of activity have different effects on your blood sugar. Knowing which activities can lower or increase your blood sugar will help you prepare for activity.

## ACTIVITIES THAT CAN IMMEDIATELY INCREASE BLOOD SUGAR:

- 💧 Muscle-strengthening or resistance exercises such as weight lifting
- 💧 Sports (game-day)

## ACTIVITIES THAT CAN CAUSE LOW BLOOD SUGAR:

- 💧 Aerobic activity
- 💧 Walking, running, jogging
- 💧 Sports

## ACTIVITIES THAT HAVE LITTLE IMPACT ON BLOOD SUGAR:

- 💧 Flexibility exercises
- 💧 Balance activities
- 💧 Stretching



# TAKING CARE OF YOUR BLOOD SUGARS DURING EXERCISE

## DURING AEROBIC EXERCISE

*Watch for Low Blood Sugar (<100 mg/ dL during exercise)*

- 💧 Walking, jogging, etc can lower blood sugar
- 💧 Keep 15-20 grams of fast-acting carbohydrates on hand in case blood sugar drops

## DURING MUSCLE-STRENGTHENING ACTIVITY

*Watch for High Blood Sugar*

- 💧 High-intensity exercises (e.g., sprinting, weight lifting) can raise blood sugar
- 💧 Adjust insulin doses and timing of exercise to manage blood sugar

**EACH PERSON WITH DIABETES IS UNIQUE, MAKING EVERYONE'S  
EXPERIENCE AND RESPONSE TO EXERCISE DIFFERENT.**

# HYPOGLYCEMIA TREATMENT OPTIONS

## GLUCOSE TABS 4 tablets



## GLUCOSE GEL 1 tube



## REGULAR SODA 4 ounces or half cup



## JUICE 4 ounces or half cup



## GRANULATED SUGAR 4 teaspoons



# ACTIVITY TIPS AND HACKS FOR DIABETES

WHAT TO  
PACK FOR  
EXERCISE

Insulin  
Pens/Syringes  
Glucose Meter/Strips  
Insulin Pump Supplies  
Sports Drink  
Glucose Tablets  
Water/Food

## BEFORE EXERCISE

- 💧 Check blood sugar levels
- 💧 Pack fast-acting sugar and diabetes medications (i.e., insulin) to have on hand for the entire duration of your activity.
- 💧 Adjust medication doses prior to activity, as needed and as directed by your healthcare provider.

## DURING EXERCISE

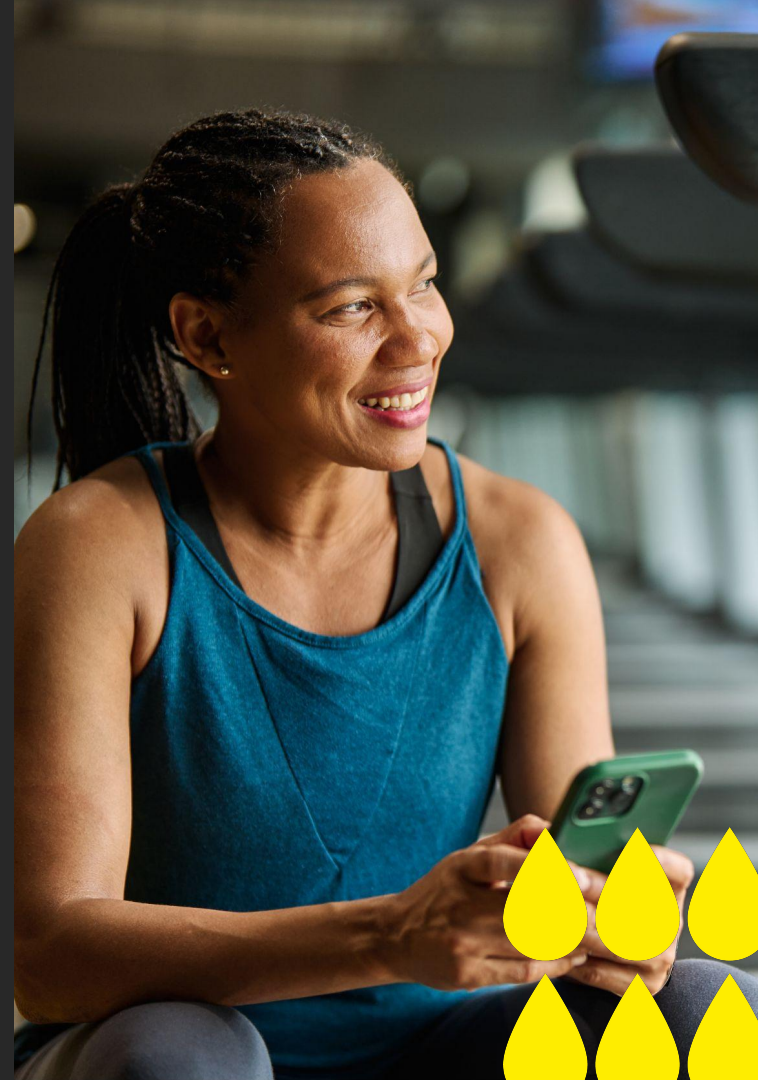
- 💧 **Monitor your body for blood sugar changes using a blood glucose meter or CGM.**
  - ⊖ Consume 15 grams of fast-acting sugar if glucose is 100 mg/dL or less at any point during activity.
- 💧 **Have the following on hand:**
  - ⊖ Diabetes supplies (meter, strips, insulin, pump supplies)
  - ⊖ Fast-acting sugar (sports drink, glucose tablets)
  - ⊖ Water
  - ⊖ Food

## AFTER EXERCISE

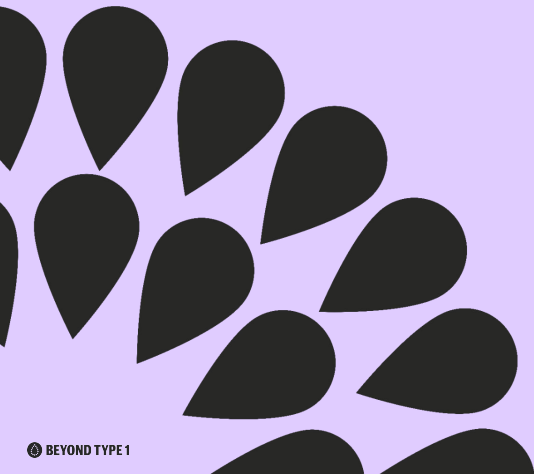
- 💧 Monitor your body for blood sugar changes. Check your blood sugar frequently for several hours after exercise to catch any delayed changes.
- 💧 Drink plenty of water and consider having a snack that includes protein and carbohydrates to help stabilize blood sugar levels in case needed.
- 💧 Be prepared to adjust your insulin dosage based on your blood sugar readings and how your body reacts to the exercise.

# BE FLEXIBLE AND LEARN FROM YOUR BLOOD SUGAR PATTERNS DURING ACTIVITIES

- ◆ Being active is a lifelong goal for everyone, not just those with diabetes.
- ◆ Check blood sugar levels before, during, and after exercise.
- ◆ Use trial and error to understand your body's response to different exercises.
- ◆ Take notes to record which strategies keeps your blood sugar in range.
- ◆ Modify your plan based on the activity. Not all activities have the same impact on blood sugar.
- ◆ Evaluate which strategies work best for you.
- ◆ Ask your care team for help.

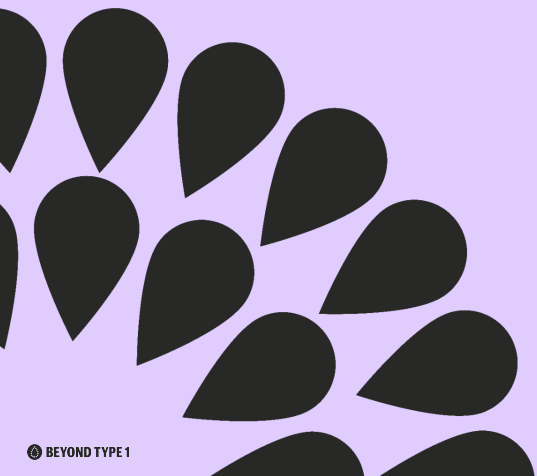


# QUIZ TIME



- 1. How much exercise (such as walking) should you aim for?**
  - a. 100 minutes per week or 20 minutes per day of high intensity activity like running
  - b. 150 minutes per week or 30 minutes per day of moderate-intensity activity like walking
  - c. 300 minutes per week or 60 minutes per day of high-intensity activity like running
- 2. What should you do if your blood sugar is low (ie,less than 100 mg/dL) during exercise?**
  - a. Do nothing and keep exercising until my workout is done
  - b. Stop my exercise to eat a snack of 15 grams of fast-acting carbohydrate (sugar) AND Take a break and check my blood sugar again in 15 minutes.
  - c. Stop exercising in the future because activity makes my blood sugar go low
  - d. Stop taking my diabetes medications and not tell my doctor
- 3. Once you take a break and treat your low blood sugar symptoms during activity, when you check your blood sugar again, what number indicates that you are safe to resume exercise?**
  - a. Above 100 mg/dL
  - b. 200 mg/dL
  - c. 250 mg/dL

# QUIZ TIME



- 1. How much exercise (such as walking) should you aim for?**  
**ANSWER:** *B. 150 minutes of moderate activity such as walking is recommended per week. This breaks down into about 30 minutes per day. Strength building or muscle-strengthening activities are also recommended at least twice per week.*
- 2. What should you do if your blood sugar is low (ie, less than 100 mg/dL) during exercise?**  
**ANSWER:** *B. If you have low blood sugar or a decreasing blood glucose trend during activity, you need to eat fast acting carbohydrate quickly. It is important to ACT and treat the low blood sugar before it gets too low, even if that means stopping the activity before you intend to finish. Consume 15 grams of glucose gel, glucose tabs, 4 oz juice or 8 oz sports drink made from sugar to raise your blood sugar quickly. Stop activity until glucose is over 100 mg/dL. Blood sugar can drop more quickly during physical activity because your body uses glucose as fuel for your body's increase in activity. Work WITH your healthcare team to develop an exercise plan for long-term health. Do not give up activity because of the fear of low blood sugar. Do not stop taking medications completely without talking with your doctor. It can take time to create the best activity plan for your preferences and blood sugar. Be patient and ask for help!*
- 3. Once you take a break and treat your low blood sugar symptoms during activity, when you check your blood sugar again, what number indicates that you are safe to resume exercise?**  
**ANSWER:** *A. Once you have consumed 15 grams of carbohydrate, waiting 15 minutes for this to take effect in your system should result in an increased blood sugar. A blood sugar of 100 mg/dL indicates that your blood sugar has raised sufficiently for you to resume your exercise again. Eating the right amount of carbohydrate (not too much) will help you boost the blood sugar without causing a "rebound" high blood sugar from eating too much carbohydrate/sugar. It is not recommended to exercise if you have a blood glucose of above 250 mg/dL- this is dangerously high and should be avoided.*

# FOOD & NUTRITION BASICS



## EATING WELL

- ◆ One of life's greatest pleasures
- ◆ Healthy, balanced choices benefit everyone, not just those with diabetes
- ◆ Match [insulin doses to food intake](#)
- ◆ Take diabetes medication according to schedule

## GETTING STARTED

- ◆ Assess current eating habits
- ◆ Learn to read food labels and understand portion sizes

## HEALTHY EATING WITH DIABETES

- ◆ No need to give up favorite foods
- ◆ Meal planning helps balance enjoyment and blood sugar management
- ◆ Recipes available on our website for guidance
- ◆ Not sure where to start? Here's a sample [meal plan](#) to get you started



# NUTRITION TIPS

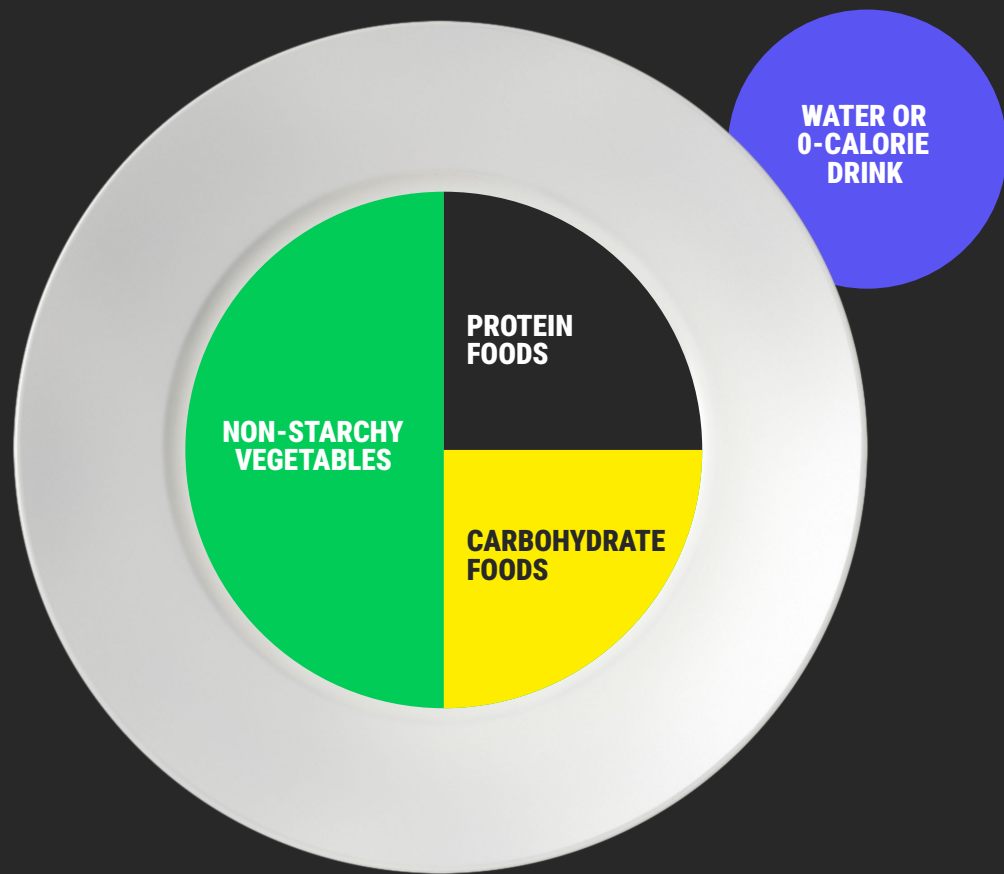
There really isn't one meal plan that fits everyone. However, as you develop a meal plan that works for you, here are some recommendations that can serve as a starting point:

- ◆ Choose whole foods (fruits, vegetables, grains, protein foods, nuts/seeds, oils and dairy).
- ◆ As often as possible, drink water. Eliminate beverages that are made with sugar.
- ◆ Eat consistently throughout the day. Try to avoid going long stretches without eating.
- ◆ Choose non-starchy vegetables like broccoli, peppers, spinach and asparagus.
- ◆ Prioritize healthy whole grains. This limits added sugars and refined grains (e.g white bread, white rice, sugary cereals, and packaged crackers or snacks) which aren't as nutritious.



# DIABETES PLATE METHOD

If you're looking for an easy place to start, try following the Diabetes Plate Method from the American Diabetes Association. This simple guide offers a stress-free way to plan your portions without counting, calculating, or measuring. Just use your plate to estimate portion sizes!





# OPEN DISCUSSION

*Share your example of a healthy meal using the plate method.*





# NUTRITION FACTS

4 servings per container

**Serving size** 1 cup (227g)

Amount per serving

**Calories** 280

**% Daily Value**

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5 g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34mg	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15mg	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# CARB COUNTING MADE SIMPLE

- 💧 When we eat carb foods, our body breaks them down into glucose (sugar).
- 💧 Our body uses insulin to process the sugar and turn it into energy.
- 💧 When we consume carb foods, our blood sugar rises.

## HOW TO GET STARTED:

- 💧 Identify the carb foods you eat
- 💧 Practice reading nutrition labels
- 💧 Measure portion sizes with measuring cups or weigh food with a food scale
- 💧 Write down what you eat and the impact it has
- 💧 Work with a Registered Dietitian Nutritionist

## QUICK GUIDE TO %DV

- 💧 **5% DV or less** of a nutrient per serving is considered low
- 💧 **20% DV or more** of a nutrient per serving is considered high

SERVING INFORMATION

CALORIES

NUTRIENTS

PERCENT DAILY VALUE (%DV)



# SMART SNACKING IDEAS



- ◆ Hummus with Carrots
- ◆ Celery with Peanut Butter
- ◆ Veggie chips
- ◆ Cucumber slices or cherry tomatoes
- ◆ Popcorn
- ◆ Whole wheat crackers with string cheese
- ◆ Broccoli with dip/salad dressing
- ◆ Hard-boiled egg
- ◆ Greek yogurt (no added sugar) with fruit
- ◆ Cottage cheese
- ◆ Tuna with whole wheat crackers
- ◆ Unsalted nuts (peanuts, almonds, pecans, cashews)
- ◆ Unsalted Seeds (pumpkin, sunflower)
- ◆ Clementine
- ◆ Small apple
- ◆ Tortilla chips with black bean dip or salsa
- ◆ Roasted chickpeas

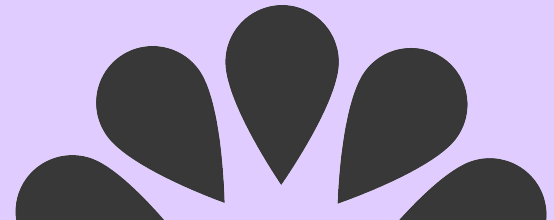


# TIME TO REFLECT

*Food Journal*



[DOWNLOAD & VIEW](#)



# TAKE ACTION



Managing diabetes doesn't mean giving up your favorite foods or feeling restricted. By teaming up with your nutritionist, dietitian, and healthcare team, you can enjoy your favorite foods and stay active. Reflect on your journey to maintain a positive outlook and make diabetes management easier!

## TALK TO YOUR TEAM

Reach out to your dietitian nutritionist or other members of your diabetes management team to discuss how to include your favorite foods into your meal plan.

## PLAN SMART FOOD SWAPS

Work with your dietitian to identify smart swaps and appropriate portions for your favorite foods. Your dietitian can help you create a meal plan that fits your preferences and nutritional needs.

## CREATE A SAFE EXERCISE PLAN

Collaborate with your healthcare team to develop a safe exercise plan tailored to your health status and fitness level.

## REFLECT ON YOUR JOURNEY

Journal and reflect on your feelings about your diagnosis and your outlook on your future with diabetes, including your relationship with food and exercise.

**THANK YOU**