6 tips for physical activity with type 2 diabetes

Regular aerobic exercise
Participating in regular aerobic exercise helps manage blood glucose.

High-intensity resistance exercise
This type of exercise, when performed safely, will help more than low- to moderate-intensity exercise.

Be active after meals
Being active after eating may help those with T2D reduce blood glucose.

Avoid crashing during or after a workout
People who use insulin should lower their levels or supplement with carbs to avoid a crash during or after their workout.

For those who use beta blockers:
Don’t rely on a heart monitor to measure workout intensity.
Ask a certified exercise professional about using ratings of perceived exertion (RPE) to track how a workout feels.

When to schedule workouts
Try and schedule workouts after meals instead of before them.
Doing so will let you take advantage of exercise’s blood glucose-stabilizing benefits.

“Exercise can play an important role in managing type 2 diabetes, and workouts can be modified to fit the abilities of most people,” says lead author Jill A. Kanaley, Ph.D. “Those with type 2 diabetes who want to lose weight should consider workouts of moderately high volume for four to five days per week.”