



Exercise and Blood Sugar

Trying to manage your blood sugar? Tune in to a short, 2-minute video, **Exercise and Blood Sugar**, available through the *Health & Wellness Centre** Health Library.

The video provides simple, creative activities to help you keep your blood sugar at a safe level. Some ideas include:

- Choose activities that you enjoy
- Find activities that motivate you – all movement counts!
- Engage in exercise while watching a movie or during commercials

Before starting an exercise regimen, be sure to talk with your doctor. You should also check your blood sugar before and after activities to see how exercise impacts your readings.