

DiabetesMotion.com



Diabetes Motion, LLC, was founded in October 2014 by Dr. Sheri Colberg, a leading expert on diabetes and exercise, to help people with diabetes exercise safely.

Mission: The mission of Diabetes Motion is to provide practical guidance about blood glucose management to anyone who wants to be physically active with diabetes.

Description: Join the Motion Revolution and get your Diabetes in Motion! Whether you're new to exercise or a sports enthusiast, diabetes can get in the way of being physically active. Get guidance on what to do, how to do it and, most importantly, how to manage your diabetes safely and effectively when you're in motion. Find out more at www.diabetesmotion.com, and visit our Facebook page at <https://www.facebook.com/diabetesmotion>.

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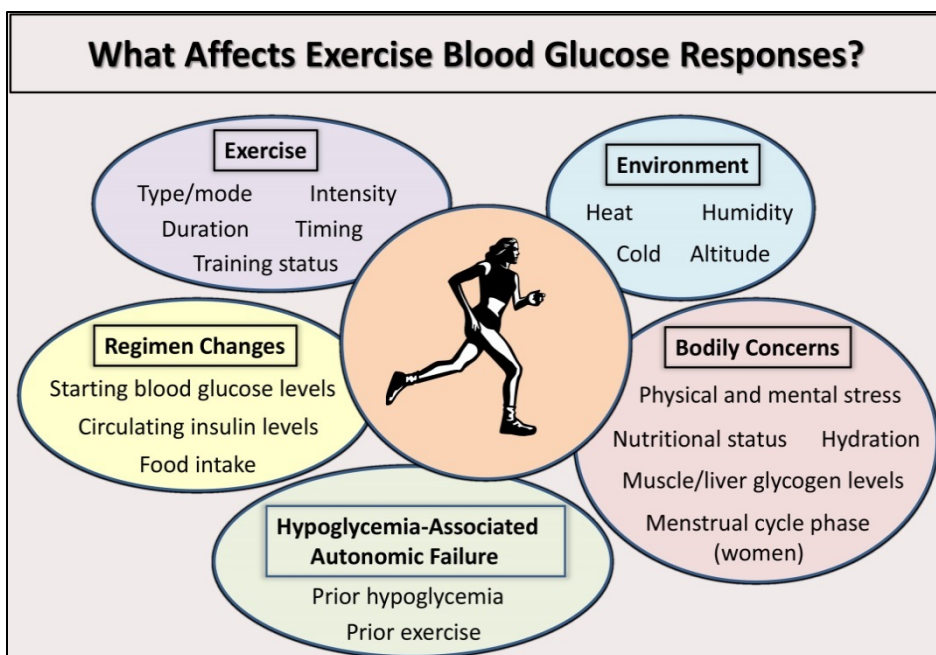
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Questions?



Staying in motion can create its own set of challenges to the active person with diabetes. The most usual response is that your blood glucose will go down when you exercise. This decrease happens because contracting muscles are able to take up glucose from the bloodstream without insulin, although when you're resting, insulin is needed to keep your glucose levels in check. The response is not always as predicted, though, and a number of things can affect it.

It's important to understand how your medications can affect your glucose response to being in motion, along with how different foods can generally be strategically used to optimize any exercise. How often, hard, and long you're active also makes a difference. You'll also want to do what you can to prevent yourself from developing exercise-related injuries that can interfere with staying in motion.