

**[TRANSCRIPT]**

**Healthcare Professional:** Regular physical activity is an important part of diabetes management. Here are a few things you may want to keep in mind about exercise when insulin is part of diabetes management plan.

**Super:** Not an actual healthcare professional.

**Super:** Always talk to your doctor before starting or changing an exercise plan.

**Healthcare Professional:** First, if you take insulin at specific times, try to be consistent with your exercise schedule too.

Second, if you inject insulin, don't plan on strenuous physical activity that will affect the injected area immediately after the injection. If you inject it in your thigh, try to avoid jogging or running right after the injection.

Third, blood sugar levels can drop during exercise, so make sure to check your blood sugar before and after you exercise. And keep sugar tabs, or another kind of fast-acting sugar, with you at all times, especially while exercising. Just in case.

**Super:** Always check your blood sugar levels as advised by your doctor.

**Healthcare Professional:** Finally, talk to your doctor about your exercise plan, your insulin dosing schedule, and how they may affect each other. These simple steps can help you stay active and take better care of your blood sugar levels.

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