



EXERCISE & BLOOD SUGAR SAFETY

Pump / CGM Activity Tips

BLOOD SUGAR	WHAT TO DO
 Below 70	STOP — do NOT exercise. Treat with 15g fast carbs (4 glucose tabs, 4oz juice or soda, 1 tbsp sugar/honey). Wait 15 min, recheck. Once above 90 and feeling well, it's OK to start.
 70–89	Have a snack before starting. Check which way the CGM arrow is pointing.
 90–250	SAFE ZONE — good to go! Always carry fast-acting carbs during your workout.
 Over 300	Check ketones first. Wait to exercise until glucose comes down and ketones are negative.

KETONES POSITIVE? DO NOT EXERCISE IF:

- Blood ketones ≥ 0.6 mmol/L, OR urine ketones are moderate/large
- You feel sick — nausea, vomiting, or belly pain

Instead: take correction insulin as instructed, drink water, and recheck glucose & ketones. Exercise can push ketones higher and raise the risk of DKA.

PUMP ON AUTOMATED DELIVERY (AID)

Control-IQ, Omnipod 5, SmartGuard, iLet, Twiist

- Turn ON Exercise Mode 30-90 min before activity
- Keep CGM connected; check trends often
- Carry fast carbs during activity
- Keep Exercise Mode on after if lows happen late
- Watch for lows overnight after hard/long workouts

PUMP IN MANUAL MODE

(not using automated insulin delivery)

- Reduce basal 20–50%, starting 60–90 min before
- If eating 1–3 hours before: reduce meal bolus 25–75%
- Activity over 60 min: extra carbs every 30–60 min
- **Rule of thumb: 15g carbs every 30 min of aerobic activity**



ALWAYS carry a fast-acting carb source with you during EVERY workout!