
ADJUSTING PREMEAL INSULIN FOR ACTIVITY

Because physical activity and exercise tend to lower blood glucose levels, it may be necessary to lower your premeal insulin dose if your activity will be performed an hour or two after a meal. To determine how much to lower your dose, multiply the dose you would normally take by the number in the table that matches up with the duration and intensity of your planned activity.

	SHORT DURATION (15–30 MINUTES)	MODERATE DURATION (31–60 MINUTES)	LONG DURATION (1–2 HOURS)
Low intensity (relatively easy)	0.90	0.80	0.70
Moderate intensity	0.75	0.67	0.50
High intensity (very challenging)	0.67	0.50	0.33

Diabetes Self-Management, “The Great Blood Glucose Balancing Act” by Gary Scheiner, MS, CDE

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