Starting blood glucose level (mmol/l)	Action	Amount of carbohydrate needed
Less than 4.0	**Do not exercise.** Treat hypoglycaemia	Carbohydrate is needed as per individual hypo plan
4.1 - 4.9	**Delay exercise.** Do not start exercise until blood glucose level is **above 5.0mmol/l** Once blood glucose level is above 5.0mmol/l, follow the instructions below	10-20g carbohydrate. Refer to snack list
5.0 - 6.9	**OK to exercise.** Have carbohydrate	10-15g carbohydrate for every **30 minutes of exercise**
7.0 - 10.0	**OK to exercise.** Have carbohydrate if exercise is longer than 30 minutes	No carbohydrate needed for first 30 minutes of exercise. Take 10-15g carbohydrate for every 30 minutes thereafter
10.1 - 14.0	**OK to exercise.** No carbohydrate is needed	Carbohydrate is not needed until blood glucose level drops below 10.0mmol/l
Above 14.0	**Exercise with caution.** Monitor blood glucose levels. If blood glucose level continues to increase, stop exercise. Drink plenty of fluids	

Always monitor blood glucose level during and after exercise