



# Don't bite off more than you can burn...

**So, what happens if you cannot resist the temptation of a curry puff or banana fritter? Chong Hui Hsien, Dietitian from Changi General Hospital shows you how much exercise you need on a daily basis and how much to burn off those extra calories.**

A healthy balanced diet and a healthy lifestyle are the key ingredients in the management of diabetes. Diabetes does not stop you from exercising. In fact, combining diet, exercise, and medicine (as prescribed) will help to control your weight and your blood sugar level.

People with diabetes can exercise safely as long as certain precautions are taken. Regular exercise helps to:

- Promote weight loss
- Optimise blood glucose control
- Optimise your blood pressure
- Improve insulin sensitivity
- Reduce risk of heart disease and stroke
- Keep your joint flexible
- Increase muscle strength and tone
- Improve well-being
- Reduce your stress level, promote relaxation, release tension and anxiety

## How much exercise is enough?

Aim for at least 30 minutes of moderate-intensity, three to five days a week. If you are a beginner, it is important to build up the duration and intensity of the exercise gradually. You can split up the 30 minutes exercise into several parts. For example, you can take a 10-minute brisk walk three times a day.

It is important to choose an exercise that you enjoy. Finding an exercise buddy may help you to be more committed to your exercise regimen. Running, jogging, swimming and cycling are some examples of aerobic exercise that are fun and can easily fit into your lifestyle.



If you enjoy sports:	If you enjoy dancing:	If you enjoy walking:
Paintball	Ballroom dancing	Hiking
Tennis	Salsa	Brisk walking
Volleyball	Ballet	Mall walking
Basketball	Aerobic dance	Dog walking

**10,000 steps a day:**

Always keep in mind your goal to increase physical activity whenever the opportunity arises. For example:

- Park your car further away and walk the rest of the way to reach your destination
- Use stairs instead of elevators
- Walk, run, play actively with your children or grandchildren
- Walk the kids to school
- Daily housecleaning or gardening
- Take a walking break instead of coffee break at work
- Hide the remote and change channels in the old-fashioned way
- Wear a pedometer and aim for 10,000 steps a day.

**Exercise Precautions:**

- Ensure proper foot wear
- Do not exercise if you are ill
- Do not exercise in the presence of ketosis. For people with type 1 diabetes who are deprived of insulin and are ketotic, exercise can worsen hyperglycaemia. Therefore, vigorous exercise should be avoided.
- Hypoglycaemia may occur during exercise for a person on insulin or certain types of oral hypoglycaemic agents. Hypoglycaemia is more common after exercise than during exercise because of the need to re-plete liver and muscle glycogen. Check with your physician before commencing your exercise programme.

In addition to exercise, you should also watch your food intake in order to achieve optimal weight loss. You would be surprised to learn just how much exercise is required to burn off the **EXTRA** calories from your diet!



**References:**

1. Ainsworth BE, Haskell WL, Whitt MC et al. Compendium of physical activities: an update of activity codes and MET intensities. Med. Sci. Sports Exerc. 2000; 32: S498-504

If you eat...	Nutrient Content		You need to do*:
	Calories (kcal)	Carbohydrate (g)	
Apple strudel, 1 piece (97g)	220	28	40 mins of aerobic
Chicken nugget, 6 pieces (108g)	303	22	50 mins of dancing
Curry puff with potatoes and mutton filling, 1 piece (138g)	401	42	50 mins of running @ 8km/hr
French fries, 1 medium pack (117g)	370	45	85 mins of brisk walking @ 6km/hr
Fruit cake, 1 piece (60g)	223	28	45 mins of swimming
Ngoh hiang meat roll, 1 roll (59g)	228	16	70 mins of walking the dog
Murtabak mutton, 1 piece (211g)	371	39	50 mins of soccer
Pisang goreng, 1 piece (65g)	197	35	40 mins of badminton
Popiah, 1 roll (140g)	191	15	25 mins of tennis
Waffle, peanut butter, 1 piece (113g)	460	46	45 mins of running @ 10km/hr
Yam cake fried, 2 pieces (170g)	210	40	65 mins of bowling

*\*based on a 60kg adult. This serves as a guideline only as energy expenditure level will alter according to your age, skill and fitness level.*

So, before you sink your teeth into that tantalising apple strudel or fried yam cake, be prepared to work it off! Exercise is not only important to help maintain your blood sugar level but it is also essential as part of a healthy living. Eating healthily and choosing the right foods is just as important for good blood sugar control. These two lifestyle changes will help you to stay fit and healthy.



2. American Diabetic Association. Position Statement: Standards of Medical Care in Diabetes – 2011. Diabetes Care 2011; 34 (1): S11-S61  
 3. Health Promotion Board. Food Composition Guide Singapore.