ANNEXURE–8

INSTRUCTIONS TO THE PATIENTS REGARDING EXERCISE

1. Eat 1-2 hours before exercise
2. Know the warning signs of Hypoglycemia.
3. Do proper warm up and cool down.
4. Wear appropriate footwear.
5. Maintain adequate hydration levels before, during and after exercise.
6. The clothes worn should be loose and comfortable
7. Feet should be inspected daily and after an exercise schedule.