

Getting Started with Physical Activity

開始做運動

Toolkit No. 13

健康手冊（十三）

No matter how old you are or what kind of shape you're in, physical activity can do a lot for you. If you're interested in becoming more active, these steps will help you get ready for a routine that's safe and enjoyable.

無論年齡或健康情況為何，運動對身體都大有益處。如果您想增加運動量，下面這些步驟可幫助您養成運動習慣，安全放心地開始運動。

- Have a checkup and find out which activities will be safe for you.
- Choose what you'll do for your routine and make detailed plans.
- Find out how physical activity can affect your blood glucose (sugar) levels.
- Learn how to avoid low blood glucose and what to do if it happens.
- Plan how to have water, snacks, and treatment for low blood glucose available.
- Arrange a way to carry medical identification.
- 進行身體檢查，確定哪些運動是安全的。
- 選擇會養成習慣的運動，然後做詳細的計劃。
- 確定運動為什麼會影響血糖濃度。
- 學著如何避免低血糖，以及萬一發生低血糖的因應措施

- 計劃如何在低血糖時，能有水、點心和治療在旁準備好。
- 找出方法來攜帶醫療身分證件。

Use the checklist on page 2 to check off each step after you've done it. Then you'll be ready to start your new, active lifestyle.

第 2 頁有一份核對清單，請在每完成一個步驟後便劃掉該步驟。全部都劃掉後，就表示您已經準備好開始充滿活力的全新生活。

Have a checkup 進行身體檢查

Start by seeing your health care provider for a check of your heart, blood vessels, eyes, kidneys, feet, and nervous system. If the tests show signs of disease, your health care provider can recommend physical activities that will help you but won't make your conditions worse. For example, if your feet are numb, you might not notice blisters or other injuries. In that case, swimming may be better for you than walking because you'll be less likely to injure your feet.

一開始，先跟醫師約診，檢查心臟、血管、眼、腎臟、足及神經系統。如果檢查發現有疾病徵兆，醫師可建議有助於健康但不會惡化病情的運動。比方說，如果雙足常

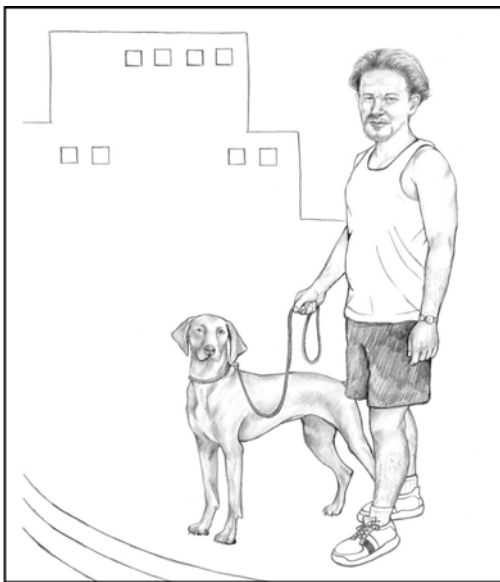
感到麻木，那麼有可能不會注意到腳上長了水泡或受了傷。因此，游泳就比走路要好，因為這樣腳才比較不會受傷。

Choose what you'll do and make plans

選擇要做的運動並詳加計劃

After you talk with your health care team about activities that are best for you, think about what you'd like to do. First think of ways to be more active throughout the day. For example, you could take the stairs instead of the elevator. You'll also benefit by including these kinds of activities:

與醫護人員討論最適合的運動後，可想想自己要做什麼運動。首先可以想想如何讓自己增加每天的運動量。例如，不搭電梯，改走樓梯。或也可以做做下列有益健康的運動：



Think of ways to be more active throughout the day. 想想看要如何增加每天的運動量。

- aerobic exercise, such as brisk walking, swimming, or dancing
- 有氧運動，例如快走、游泳或跳舞

- strength training, such as lifting light weights
- 肌力訓練，例如舉起較輕的物品
- flexibility exercises, such as stretching
- 柔軟運動，例如伸展操

Choose things you enjoy, such as walking with a friend or a dance aerobics class. Try to make your plans realistic and achievable. For example, if you don't have time to walk for 30 minutes at a time, plan on walking for 10 minutes after each meal. If you haven't been very active recently, start slowly and add more activity gradually. Your health care team can show you how to warm up before your workout and cool down and stretch afterward.

選擇自己喜歡的活動，譬如與朋友散步，或上有氧舞蹈課。試著讓自己的計劃實際而且可行。比方說，如果一次沒有辦法散步 30 分鐘，可以計劃每餐飯後散步 10 分鐘。如果最近不常運動，則可以慢慢開始，然後逐漸增加運動量。醫護人員會指導您如何在做運動前先暖身，以及做完運動後的放鬆和伸展操。

Write down what you'll do, where and when you'll do it, how often, and for how long. Think about what you'll do if you can't carry out your usual plan. For more information about each kind of activity, talk with your health care team or request a copy of Toolkit No. 12: *All About Physical Activity for People with Diabetes*.

寫下自己會做的運動、地點、時間、頻率以及持續時間。另外也想想看，如果沒法做平常的運動時，該做些什麼來代替。如需每種運動的更多資訊，請諮詢醫護人

員，或索取健康手冊（十二）：*關於糖尿病患者的運動*

Find out how activity affects blood glucose levels

瞭解運動如何影響血糖濃度

Physical activity usually lowers blood glucose levels. That's why you'll want to check your glucose levels before you exercise. If your blood glucose is below 100 mg/dl, have a small carbohydrate snack such as fruit or crackers.

運動通常可以降低血糖濃度。因此最好能在運動之前，先測量血糖濃度。如果血糖濃度低於 100 mg/dl，可以吃點醣類點心，譬如水果或蘇打餅。

However, if your blood glucose is high (above 300 mg/dl) even before you exercise, physical activity can make it go even higher. That's when you'll want to be cautious about doing something active. For those with type 1 diabetes, if your fasting glucose level is above 250 mg/dl and you have ketones in your urine, it's best to avoid physical activity. Talk with your health care team about whether to exercise when your blood glucose is high.

不過，如果運動前的血糖濃度就很高（超過 300 mg/dl），那麼運動可能會讓濃度更高。這時要做運動的話，就必須非常小心。對於第 1 型糖尿病患者，如果空腹血糖濃度超過 250 mg/dl，而且尿液中發現有酮體，最好能避免運動。請諮詢醫護人員，確定血糖高時是否能運動。

You can get to know how various activities affect your blood glucose by checking your levels before and after exercise and keeping track of your results.

您可以在運動前後測量血糖濃度，並記錄這些結果值，就可以知道不同的運動對血糖有什麼影響。

Learn all about low blood glucose

瞭解低血糖

Low blood glucose, also called hypoglycemia, can occur during or after physical activity, even chores like shoveling snow or raking the leaves. If your blood glucose is below 100 mg/dl before physical activity, have a snack. During activity, check your blood glucose if you notice symptoms of low blood glucose such as hunger, nervousness, shakiness, or sweating. If it's 70 mg/dl or below, follow these treatment guidelines to bring it back up to a safer range:

低血糖顧名思義，就是血糖太低，可能會在運動期間或之後發生的現象，即使是鏟雪或掃落葉等家務，也有可能發生低血糖。如果在運動前的血糖低於 100 mg/dl，請吃些點心。在運動時，如果發現有低血糖的症狀，像是飢餓、緊張、顫抖或出汗等現象，請測量血糖濃度。如果檢查結果是 70 mg/dl 或更低，請按照下列治療指引，將血糖恢復到安全範圍。

- Have one of these items right away to raise your blood glucose:
 - 2 to 5 glucose tablets
 - $\frac{1}{2}$ cup (4 ounces) of fruit juice
 - $\frac{1}{2}$ cup (4 ounces) of a regular (not diet) soft drink
 - 8 ounces of milk
 - 5 to 7 pieces of hard candy
 - 2 teaspoons of sugar or honey
- After 15 minutes, check your blood glucose again. If it's still below 70 mg/dl,

have another serving.

- Repeat these steps until your blood glucose is at least 70 mg/dl.
- 立即服用下面清單的任一項目，以提高血糖：
 - 2 到 5 顆葡萄糖錠
 - ¹/₂ 杯（4 盎司）果汁
 - ¹/₂ 杯（4 盎司）一般（非低糖）含糖飲料
 - 8 盎司牛奶
 - 5 到 7 顆硬糖果
 - 2 茶匙糖或蜂蜜
- 15 分鐘後再檢查血糖一次。如果還是低於 70 mg/dl，請再服用一次。
- 重複上述步驟，直到血糖回到至少 70 mg/dl。

Plan what things to take with you 計劃要隨身攜帶的東西

You'll be ready for anything by having water and snacks handy during activity. Make sure you drink plenty of water before, during, and after physical activity to keep hydrated. And always carry a source of carbohydrate, such as glucose tablets, to treat low blood glucose if it happens.

運動時能有水跟點心在旁即可。在運動前、運動時及運動後，確定喝足夠的水，以避免脫水。此外，務必攜帶醣類點心，例如葡萄糖錠，以便在低血糖發生時服用。

Have a medical ID with you 攜帶醫療身分證件

You'll want to protect yourself in case of emergency by wearing a medical

identification bracelet or necklace or attaching a medical ID tag to your shoes or clothes. You also may want to carry another form of identification during exercise, such as a wallet card.

您可以戴著有醫療身分證明的手鍊或項鍊，或將寫有醫療身分證明的標籤貼在鞋子或衣服上，萬一發生緊急狀況，能夠發揮保護的作用。另外也可以在運動時攜帶其他身分證件，例如名片卡。

What I need to do to get started with physical activity

Get started by choosing something to do today. Place a check mark next to each step after you've done it. If you have a question for your doctor about something, place a question mark next to it and take this list to your next office visit.

- I've had a checkup with my doctor.
- I've learned which activities will be safe for me.
- I've thought of ways to be more active during the day.
- I've chosen ways to do aerobic exercise, strength training, and flexibility exercises.
- I've made a specific, realistic plan for each type of activity.
- I know how physical activity can affect my blood glucose levels.
- I know how to avoid low blood glucose and what to do if it happens.
- I know when to avoid exercise.
- I'm prepared to carry glucose tablets or other sources of sugar to treat low blood glucose.
- I have a form of medical ID to wear or carry.

開始運動前需要做些什麼

首先可以選擇今天要做的事。下面有幾個運動前的步驟，完成後請在旁邊打勾。如果您對某個步驟有問題，可在該步驟旁打個問號，下次門診時帶著這份清單詢問醫師。

- 醫師已幫我檢查身體。
- 我知道哪些運動對我是安全的。
- 我已想過如何增加每天運動量的方法。
- 我已選了要做哪些有氧運動、肌力訓練及柔軟運動。
- 對要做的運動，我已有具體而實際的計劃。
- 我知道運動會如何影響我的血糖濃度。
- 我知道如何避免低血糖，以及萬一發生低血糖的因應措施。
- 我知道何時該避免運動。
- 我已準備好攜帶葡萄糖錠或其他糖類來源，以在低血糖發生時服用。
- 我有可以戴在身上或隨身攜帶的醫療身分證件。



American Diabetes Association 1-800-DIABETES (342-2383)

www.diabetes.org

©2004 by the American Diabetes Association, Inc. 03/04