

Activity and Exercise Impact on Glucose



When exercising, **activity type, intensity, and duration** impact glucose levels.

Low vs. High Intensity



Low-intensity activities like casual walking cause gentle, predictable glucose decrease.

Aerobic vs. Anaerobic



Aerobic activities like cycling create steady glucose declines during the activity.

Brief vs. Extended



Brief activities, like a 10-minute post-meal walk, help manage glucose rises.

High-intensity activities like sprinting can create more complex patterns with potential post-exercise glucose increases, before decreasing.



Anaerobic activities like weightlifting raise glucose levels due to stress hormone release, followed by enhanced insulin sensitivity hours later.



Extended activities, like a 50-minute hike, lead to more significant changes in glucose, which may require planning and medication adjustments.



Stress and Illness Impact on Glucose

Both mental and physical stress trigger a cascade of hormonal responses in the body, leading to distinct CGM patterns such as **gradual rises** unrelated to meals, **sustained elevations**, and **resistance to usual correction doses**.

When illness occurs, it functions as a physiological stressor that disrupts normal glucose regulation pathways.

