Types of Exercise and Their Effect on Blood Sugar Levels

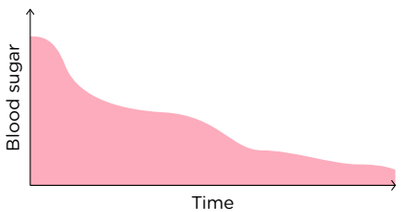
AEROBIC ANAEROBIC

CARDIOVASCULAR

- Continuous effort (more than 10 minutes)
- Light to moderate intensity

Examples: running, biking, skating, badminton

Blood sugar evolution



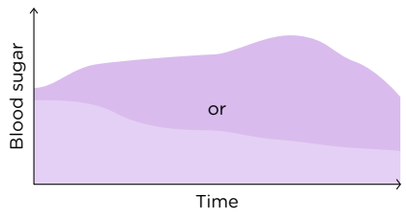
High risk of **hypo**glycemia during and after.

INTERVALS

- Intermittent effort (alternating between periods of high-intensity effort and periods of recovery)
- Moderate to high intensity

Example: hockey, basketball, interval training for running

Blood sugar evolution



Blood sugar level quite stable during. Can take more time for it to go down after.

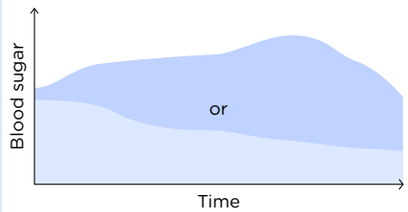
High risk of **hypo**glycemia after.

RESISTANCE

- Intermittent anaerobic effort (exert force against resistance)
- High intensity

Example: strength training using weights, equipment, elastic bands

Blood sugar evolution



Slight risk of **hyper**glycemia during.

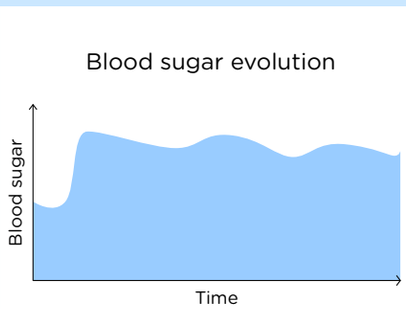
Slight risk of **hypo**glycemia during.

MAXIMUM

- Maximum effort (intense movement for 10 to 30 seconds)
- Very high intensity
- Causes the release of stress hormones

Example: 100-m sprint, CrossFit, weightlifting

Blood sugar evolution



High risk of **hyper**glycemia during, which persists after.

* The effect of a given type of exercise can vary from person to person.

Support better

Fact sheet taken from the SUPPORT training platform
Developed by the BETTER project

Updated: March 15, 2022