

**Before you get started:**

# **Health and Safety Tips!**

## **What is needed?**

- Sturdy chair or stable surface
- Comfortable & supportive shoes
- Water bottle
- Safe floor place
- An accountability partner
- Easy access to cell phone

## **Questions to ask yourself BEFORE exercising:**

- Have I talked with my doctor about engaging in exercise?
- Did I check my blood glucose recently? What was it?
- Beyond soreness, am I feeling any pain or discomfort?
- Have I had enough water today?
- Have I had enough to eat today?

## **Questions to ask yourself AFTER exercising:**

- Have I stretched or “cooled down”?
- Have I checked my blood glucose? What is it?
- Beyond soreness, am I feeling any pain or discomfort?
- Did I drink enough water during/after exercising?
- Have I eaten any replenishing snacks?