What Affects Exercise Blood Glucose Responses?

Exercise

Type/mode Frequency
Intensity Duration Timing

Training status

Regimen Changes

Starting blood glucose levels

Circulating insulin levels

Food intake

Environment

Heat Humidity

Cold Altitude

Bodily Concerns

Physical and mental stress

Nutritional status Hydration

Muscle/liver glycogen levels

Menstrual cycle phase (women)

Hypoglycemia-Associated Autonomic Failure

> Prior hypoglycemia Prior exercise