

## **Acsm39s Guidelines For Exercise Testing And Prescription Eighth Edition**

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Below are some general guidelines for pre-exercise blood sugar levels. The measurements are expressed in milligrams per deciliter (mg/dL) or millimoles per liter (mmol/L). Lower than 100 mg/dL (5.6 mmol/L). Your blood sugar may be too low to exercise safely.

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“ACC/AHA Guidelines for Exercise Testing” was approved by the American College of Cardiology Board of Trustees in March 1997 and the American Heart Association Science Advisory and Coordinating Committee in April 1997. A single reprint of this document (Executive Summary) is available by calling 800-242-8721 (US only) or writing the ...

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