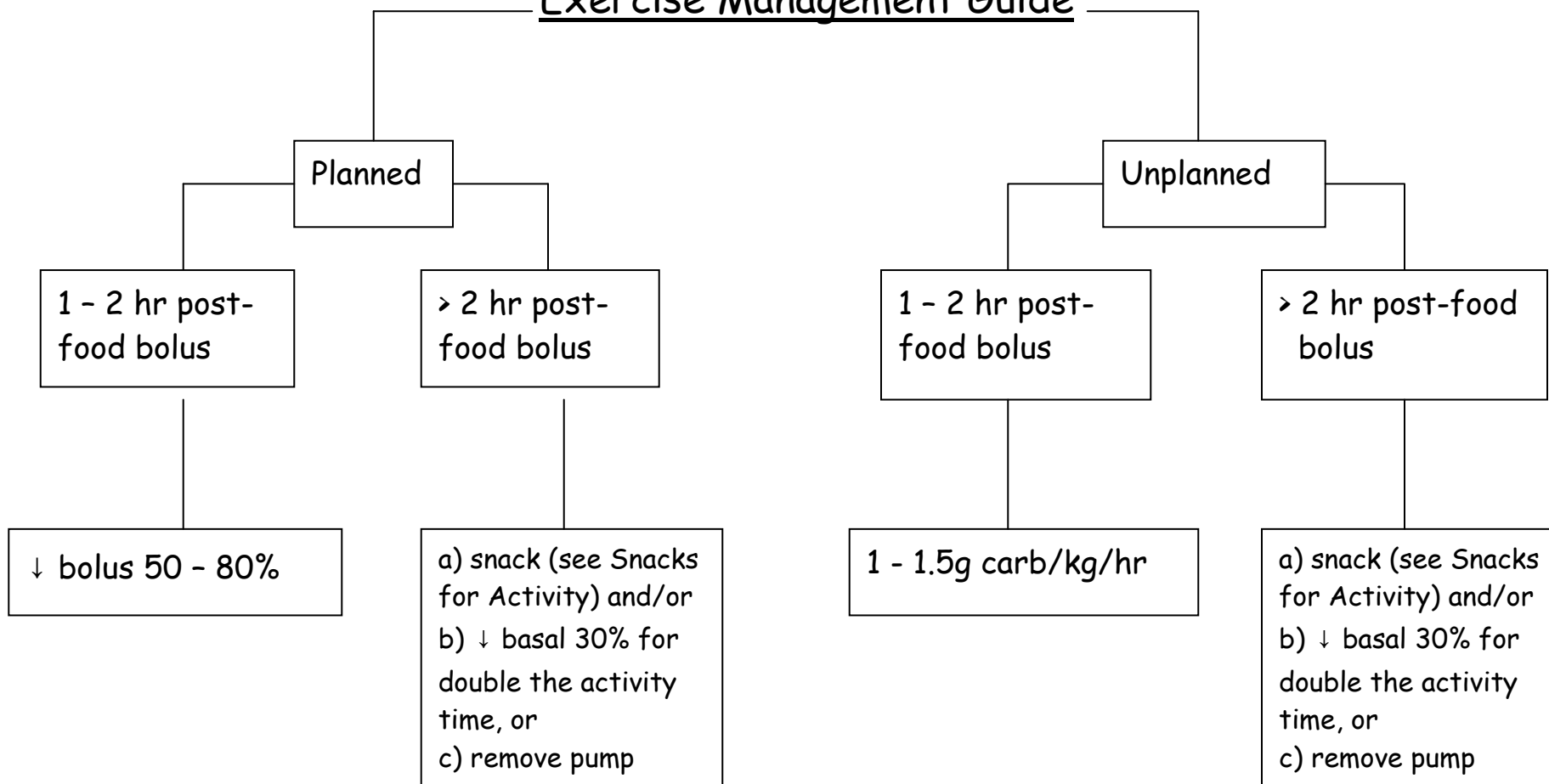




Exercise Management Guide



Always test before, during, and up to 24 hours after exercise to evaluate the intervention, especially overnight. Adjust your strategy if necessary.