



exercise

with diabetes

streetwise

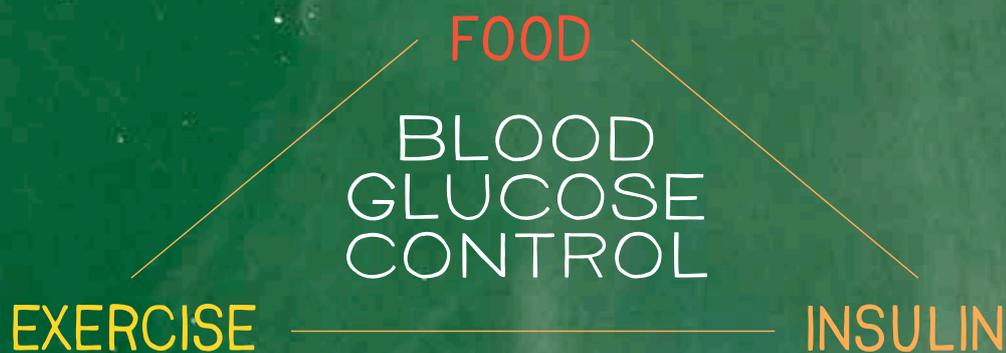
This information is intended for those with Type 1 Diabetes

Why exercise?

Exercise is an important part of living a healthy life and having type 1 diabetes should not stop you from exercising.

Young people with type 1 diabetes can still take part in exercise and there are many elite athletes that have type 1 diabetes and compete at a professional level. So you shouldn't feel excluded because of your diabetes.

Whether you are an aspiring elite athlete or you enjoy the occasional walk in the park, exercising can be fun and can help you to better manage your diabetes.



THREE KEY ASPECTS TO MAINTAINING GOOD GLYCAEMIC CONTROL ARE SHOWN IN THE TRIANGLE ABOVE.

As exercise plays such a vital role in maintaining good glycaemic control, it is a good idea to find something that you enjoy and can keep doing long term.



Joining a club is a great way of meeting like-minded people who enjoy the same activities as you.



There is a club for just about every sport, so if running or cycling isn't your thing, why not try something different like hand ball or archery!



What are the benefits of getting fit?

- A club or gym is a great way to meet new friends
- If you feel fit, you'll feel better in yourself
- More exercise will increase your energy
- You'll have better diabetes control
- Reduce the chances of developing future complications
- You'll have a healthy heart and lungs
- Exercise is a great way of avoiding stress
- Fitness is a discipline; you'll learn to feel better

Planning exercise & blood glucose control

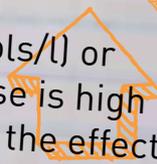
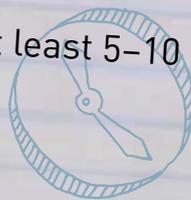
- Let your diabetes specialist or local healthcare team know what sport or activity you've decided on, and exactly what that involves every week
- Some people, depending on their insulin regime, may need a snack pre-exercise. Speak to your diabetes specialist or local healthcare team for individual guidance



Good exercise tips



- Don't inject near the exercising muscle (*the insulin is absorbed very quickly*)
- If you are planning on exercising within 1–2 hours of injecting, you may need to adjust your insulin dose. Speak to your diabetes specialist or local healthcare team before making any adjustments
- If you are exercising all day (*maybe an all-day bike ride or football tournament*) you may need to reduce your basal insulin – again speak to your diabetes specialist or local healthcare team first for advice
- Tell your exercise partners about hypos and what to do (*they won't just know*)
- Carry hypo treatments with you at all times
- Warm up – GENTLE exercise for at least 5–10 minutes should do the trick
- Don't exercise when you are ill
- If your blood glucose is mid teens (14–16mmols/l) or higher, check for ketones. If your blood glucose is high (14mmols/l) before exercise then you may find the effects of exercise will send it even higher and reduce your performance when competing
- If ketones are present, do NOT exercise



4

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EXERCISE BUT
ABOVE ALL ...

ENJOY
YOURSELF

Hypos and what to do

It is important to remember that hypos can occur up to 24 hours after exercise. This is largely dependent on the type of exercise you have done and how strenuous it was.



- The more strenuous the exercise the more regular blood glucose testing you should do



- It is recommended that Blood Glucose levels should be checked before, during (*every 20-30 mins*) and after (*every 1-2 hours*) if the exercise is strenuous



- It is important that you test overnight as well if you have done strenuous exercise

Losing weight with exercise

- Check with your treatment team if you have a goal of losing weight
- Look at the fit of your clothes, belt size, etc
- Consider using sports drinks to boost your blood glucose before exercise
- Use insulin adjustment instead of extra food or drink to prevent hypos



feel
better



Contact Numbers

School Nurse:

Diabetes Specialist or Local Team:

Kidshealth

<http://www.kidshealth.org.nz>

Starship Transition

<https://www.starship.org.nz/patients-parents-and-visitors/youth-transition/diabetes-service>

Youth Law Aotearoa

<http://www.youthlaw.co.nz>

A series of leaflets is available that may be helpful for you:

- Annual Review
- Body Piercing & Tattooing
- Emotional Well-being
- Exercise
- Insulin Pumps
- Looking After Type 1 Diabetes
- Sensible Drinking
- Sex and Beyond
- Top Tips for School
- Travelling

Ask your diabetes team for the ones you want.

Provided by Lilly as a support to medicine and patients with diabetes. This leaflet has been written by the RCN Children and Young People Diabetes Community (CYPDC). Lilly's involvement is limited to production costs and a review of the content for medical accuracy only.

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Models used for illustrative purposes only.