

Being active is important with Type 1 Diabetes

What good things could being more active do for you?



Improves long term blood glucose levels



Can help you live longer



Improves general fitness



Improves lipid profiles



Can improve mental health



Improves HbA1c



Improves insulin sensitivity

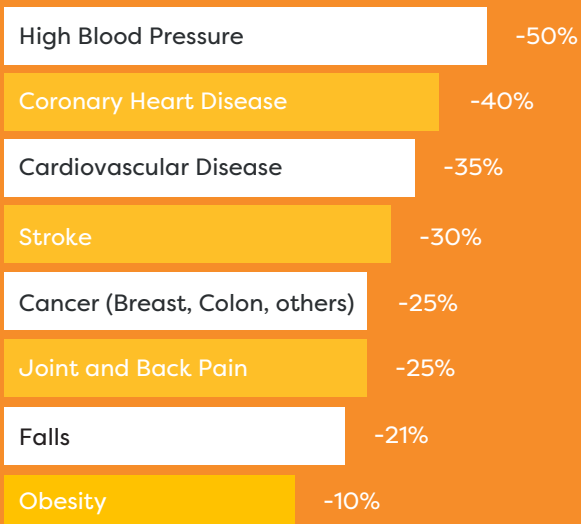


Lowers cholesterol



Reduces risk of long term heart problems

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my general fitness?



Less fatigue



More motivation

Increased physical activity

Stronger muscles

Improves fitness

Follow these Top Tips to keep you active:

- 1 Do physical activity you enjoy, the benefits outweigh the risks.
- 2 Check your blood sugars before, during and after exercise and before going to bed.
- 3 You may need to adjust your insulin dose and food intake around physical activity. Insulin changes will depend on the type, intensity, length and timing of exercise. Diabetes UK can offer further advice.
- 4 When taking part in physical activity keep hypo treatments handy, as well as a snack with some starchy carbs – e.g. a sandwich, a piece of fruit or a cereal bar
- 5 Different types of activities can affect your blood sugar in different ways, including unplanned activity such as housework and walking.
- 6 Record your blood glucose levels and what you eat when you exercise – share this with your diabetes team to help find what works for you
- 7 If you've had a hypo you self treated in the last 24 hours, your risk of having a hypo will be higher so it's important to be careful when exercising. Try not to do any activity on your own.
- 8 If you've had a hypo you needed help with managing in the last 24 hours, you are advised not to exercise for at least 24 hours.
- 9 It's important to drink clear fluids and keep hydrated.
- 10 Check your feet and always wear appropriate footwear
- 11 Try and have some identification of your diabetic status on you and tell someone where you are going

Build activity into everyday life:

