

Exercising safely with type 1 diabetes (T1D)

T1D may make exercise challenging at times but shouldn't prevent you from being active! Physical activity can benefit both your body and your mind. Not only is it good for your heart and overall health, but exercise can also make your cells more sensitive to insulin.

Key things to consider before exercising:

- Type of exercise
- Duration of exercise
- Time of day
- Amount and time of your last insulin dose
- Amount and time you last ate carbs

The overall goal is to begin exercising with your blood sugar level in a safe range.



Keep fast-acting carbs and a snack on hand in the event of low blood sugar.

Physical activity can affect people differently, and not all types of exercise cause low blood sugar. Once you know how a certain activity affects you, you can work with your doctor to adjust your meals and insulin around it.

Exercise types:



Lower intensity, longer duration



Higher intensity, shorter duration



Mixed intensity

Possible effect on blood sugar levels:



Drop



Spike



Drop or spike

The effects of exercise don't stop once the activity is over. Low blood sugar can sometimes happen 6 to 15 hours later. Exercising in the late evening may increase the risk of low blood sugar overnight. Your doctor can help you make adjustments to your insulin to avoid overnight lows.

Talk to your doctor for more information on exercising safely.

For more information on the FABULINUS Study, ask your study doctor.

You are making **amazing contributions** to T1D research!