



Moving Medicine

# Useful information about Diabetes and physical activity

## Remember

Being active makes you less likely to have hypos, but when you first start exercising, vigorous activity can increase the risk. So it's important to keep an eye on how much insulin you take as you might need to change it. Check your sugar levels every 30 minutes before you start, and every 30 minutes while you're doing it.

## How will it help me?

It will help you become fit

You'll get to spend time with friends

It will make school work easier

It will make you happier

## Don't forget

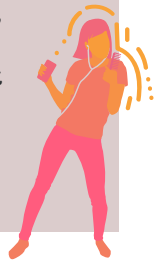
### You can be just as fit as anyone else

Diabetes hasn't stopped singer Nick Jonas from getting his groove on. There are loads of celebs that don't let diabetes hold them back from reaching their goals



### Every moment counts

Whether you're dancing in your room when no-one's watching, indulging in a bit of extreme chores, or walking faster to get to school, don't miss an opportunity to get moving!



### Blood sugar levels

Aim for a blood sugar level of between 5-10 mmol/L before starting exercise - if it's less than 5, have something such as a sports drink to boost your levels up.



Do exercise

Get fitter

Do exercise

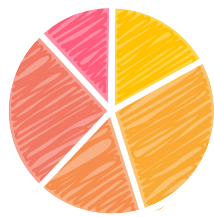
Less insulin

You'll have better control of your diabetes

Not only will you have more control, you'll need less insulin.

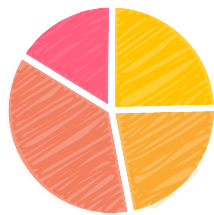
*you got this!*

## Starting points



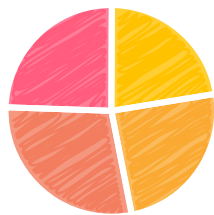
### Walk more, and more quickly

- walk with a dog
- walk to school
- walk with friends
- walk the long way to my next lesson
- go up stairs two at a time



### On your bike

- ride your bike to school
- go for a ride in the countryside
- meet up with friends
- ride to the shops



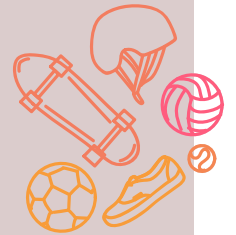
### Look for opportunities

- join after school activity clubs
- have a kick-about in the park
- standing up when using your phone
- dance with your friends to your favourite songs

## Things that might make it harder

### Doing stuff you don't enjoy

Keep trying different things 'til you find a form of physical activity, exercise or sport that's right for you.



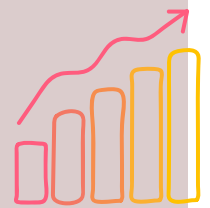
### My insulin pump

It is safe to be physically active with a pump.



### Doing too much too quickly

So start slowly and build up to more.



## Daily checklist

Try to make sure you do at least 2 of these every day:

Get outside for at least an hour

Sit upstairs on the bus

Take the long route to somewhere

Dance to your favourite track

Get out of breath at least once

## Things you need to talk to your doctor about

As you get fitter, the amount of insulin you need could change, so see your doctor often to make sure you're on the right dose.



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