

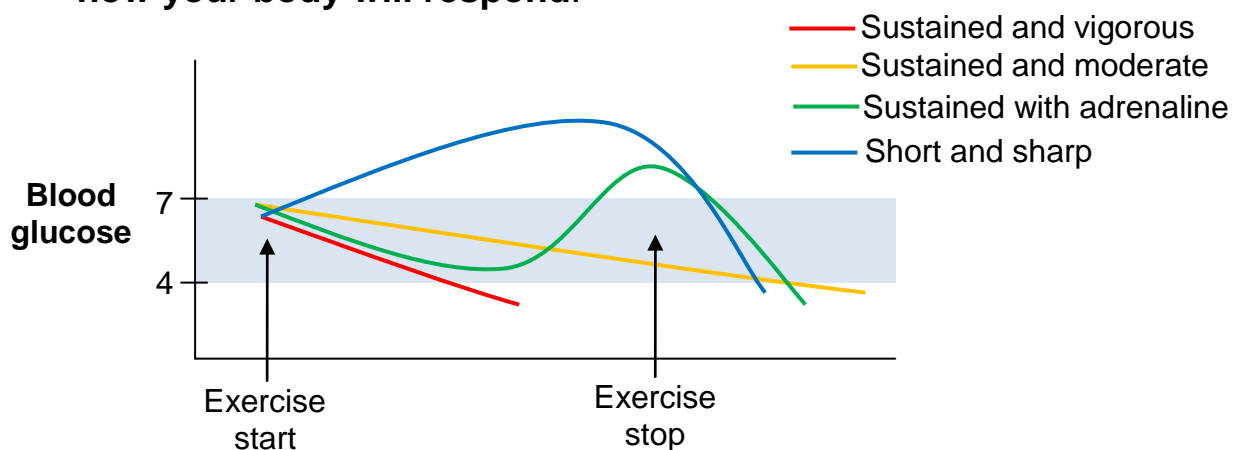
Department of Nutrition and Dietetics

Paediatric Diabetes- Bespoke Exercise Plan for young people with type 1 Diabetes

This leaflet is for children and young people with diabetes who have already had their Diabetes for some time and some knowledge of how different physical activities typically affect their bodies and wish to optimise their blood glucose management and exercise performance.

What happens to blood glucose levels with exercise?

- Everyone is different, and every exercise is different, so **take the time to test before, during and after exercise so you understand how your body will respond.**



- **Exercise makes the body more sensitive to insulin, an effect which may last up to 24 hours** and make the body more susceptible to hypoglycaemia.
- **Your body uses this time to re-build its internal stores of glucose** (for available energy in future exercise) **and protein** (for muscle strengthening).



Patient Information

Your child's exercise management plan

Day	Activity Type	Start time	Duration	Time of last meal	Management			
					before	during	after	
Monday					Check BG			
					Snack(s)			
					Reduce meal insulin by			
Tuesday					Check BG			
					Snack(s)			
					Reduce meal insulin by			
Wednesday					Check BG			
					Snack(s)			
					Reduce meal insulin by			
Thursday					Check BG			
					Snack(s)			
					Reduce meal insulin by			
Friday					Check BG			
					Snack(s)			
					Reduce meal insulin by			
Saturday					Check BG			
					Snack(s)			
					Reduce meal insulin by			
Sunday					Check BG			
					Snack(s)			
					Reduce meal insulin by			

Patient Information

Plan from today



If you have any questions please contact your Diabetes Dietitians on 02476966161.

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The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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