Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

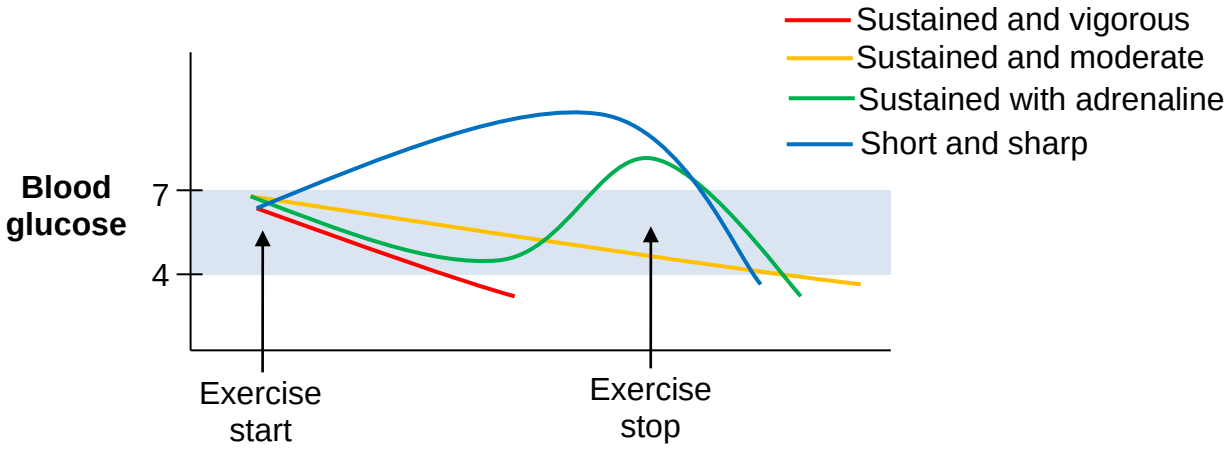
Nutrition and Dietetics

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. You may have some knowledge of how different physical activities typically affect your body and wish to optimise your blood glucose management and exercise performance.

What happens to blood glucose levels with exercise?

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



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

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			

Plan from today

If you have any questions, please contact your diabetes dietitians on 024 7696 6161.

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 024 7696 6161 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit: www.uhcw.nhs.uk/feedback

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