

MyCARE

With me, every step of the way



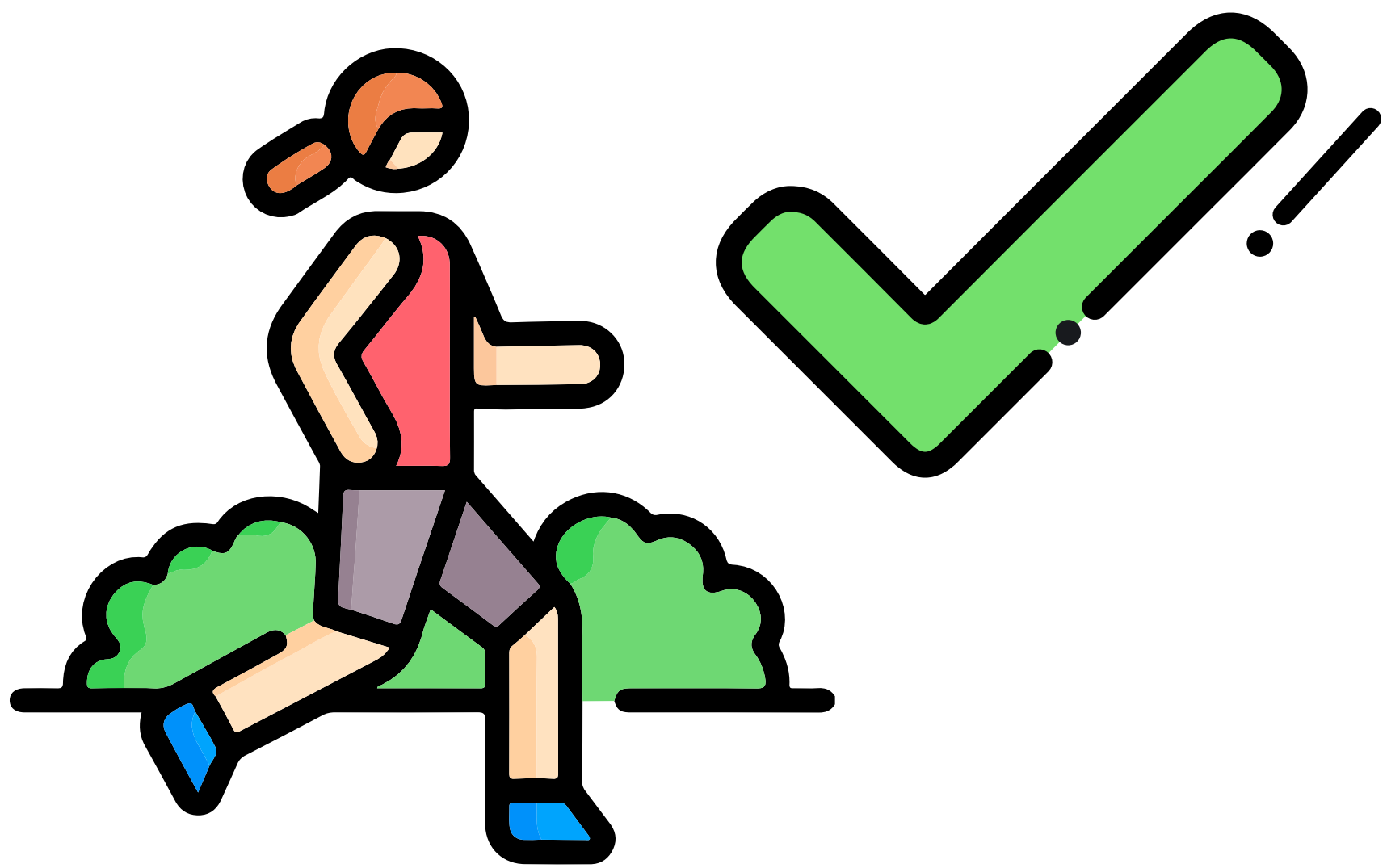
“ Let’s understand the
IMPORTANCE OF EXERCISE
IN TYPE 1 DIABETES ”



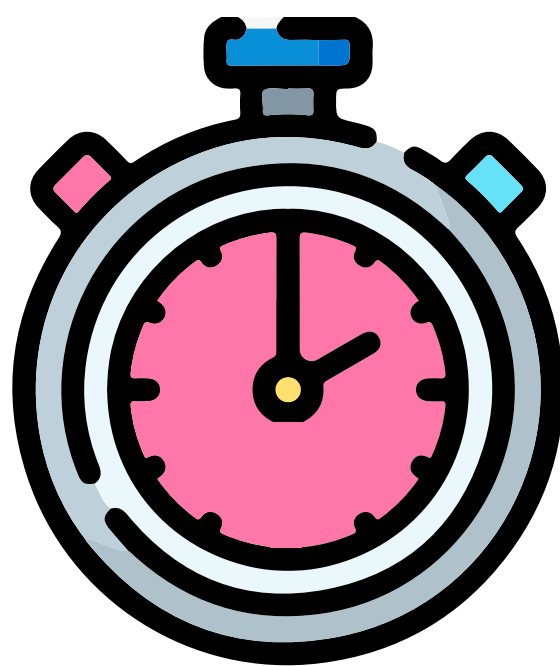
Regular physical activity during
**CHILDHOOD AND
ADOLESCENCE IS IMPORTANT**
for optimum physical and
psychological development



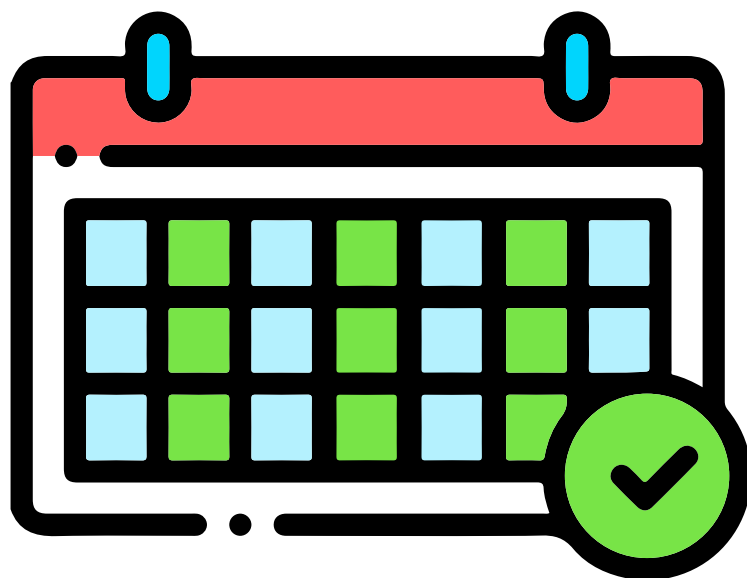
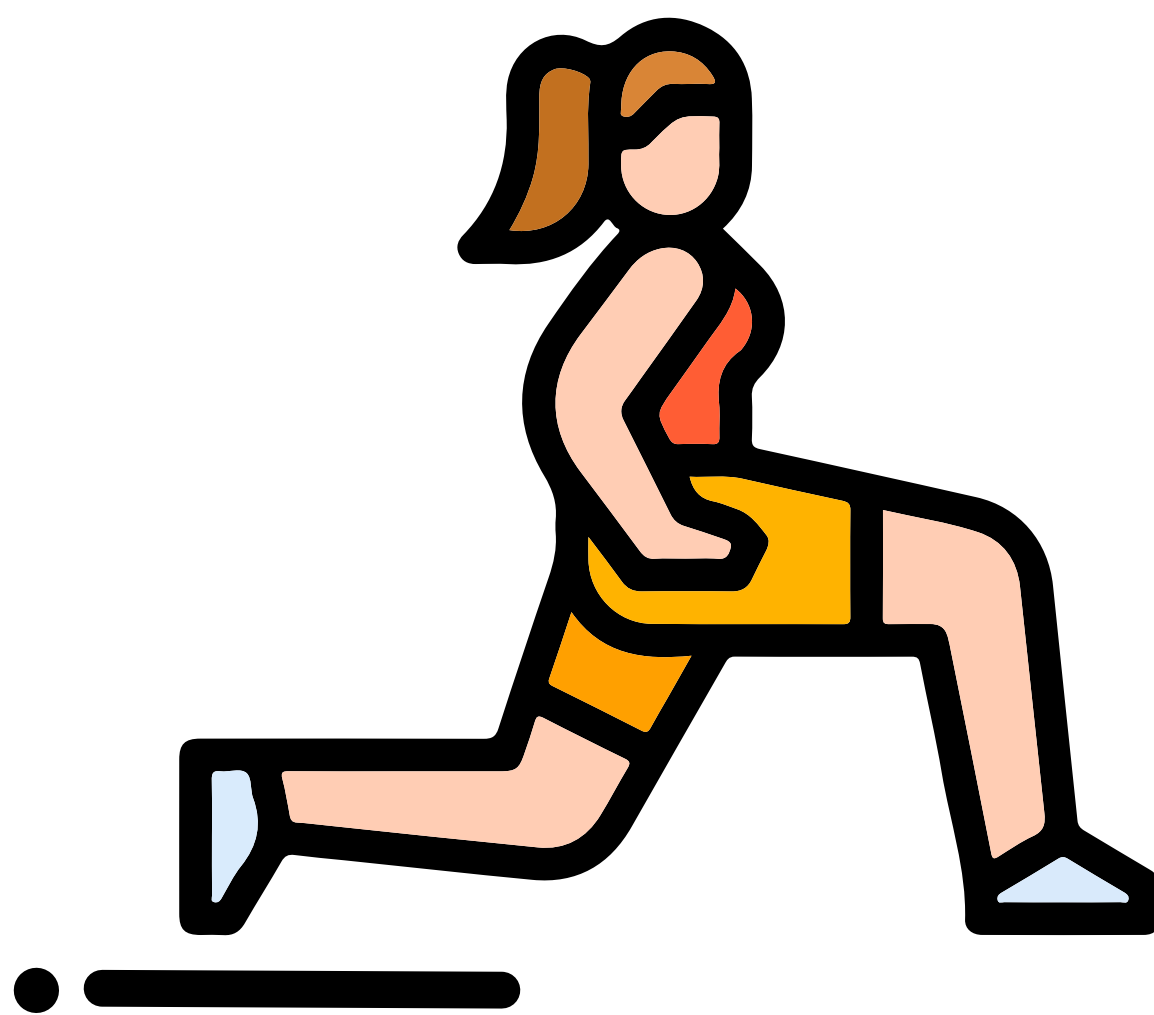
**EXERCISING HELPS THE
INSULIN TO WORK MORE
EFFECTIVELY** and therefore
helps in lowering your blood
sugar levels



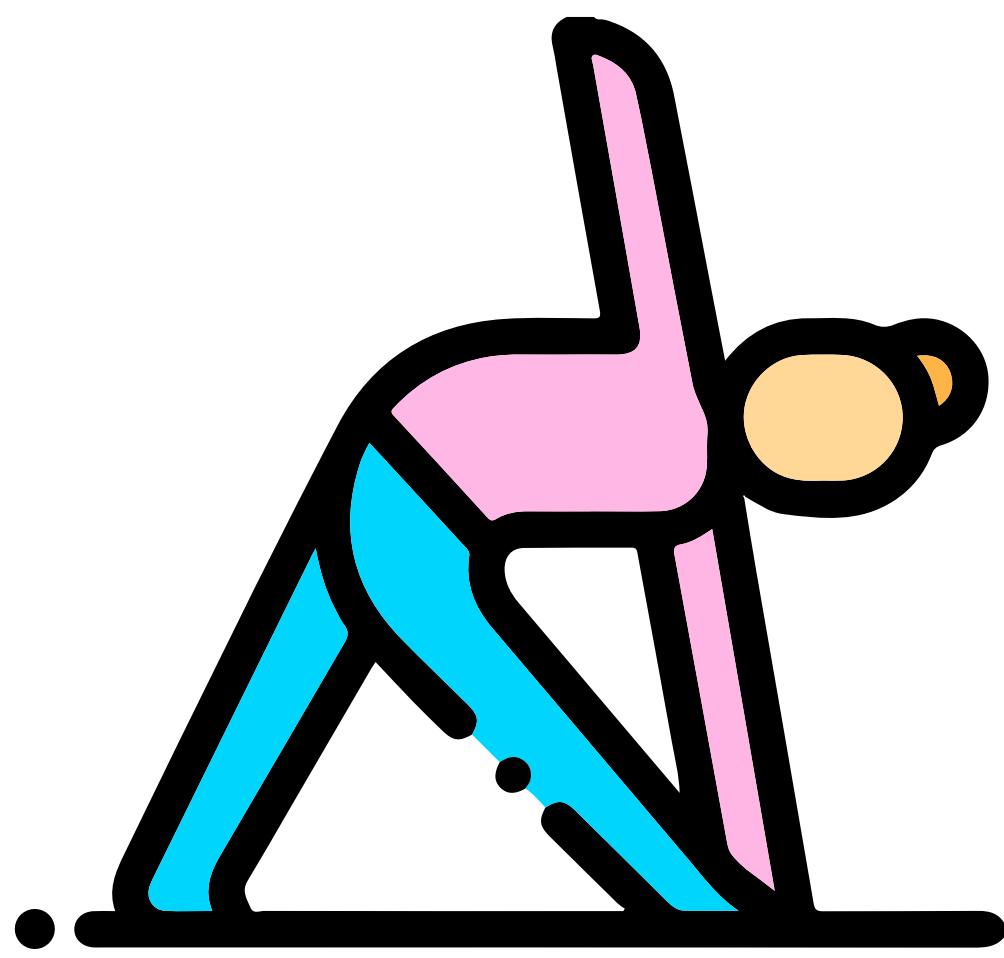
Children and adolescents with Type 1 Diabetes should engage in **60 MINUTES/DAY OR MORE OF MODERATE TO VIGOROUS INTENSITY AEROBIC EXERCISES**



Along with vigorous
**STRENGTH TRAINING
EXERCISES AT LEAST 3
DAYS/WEEK**



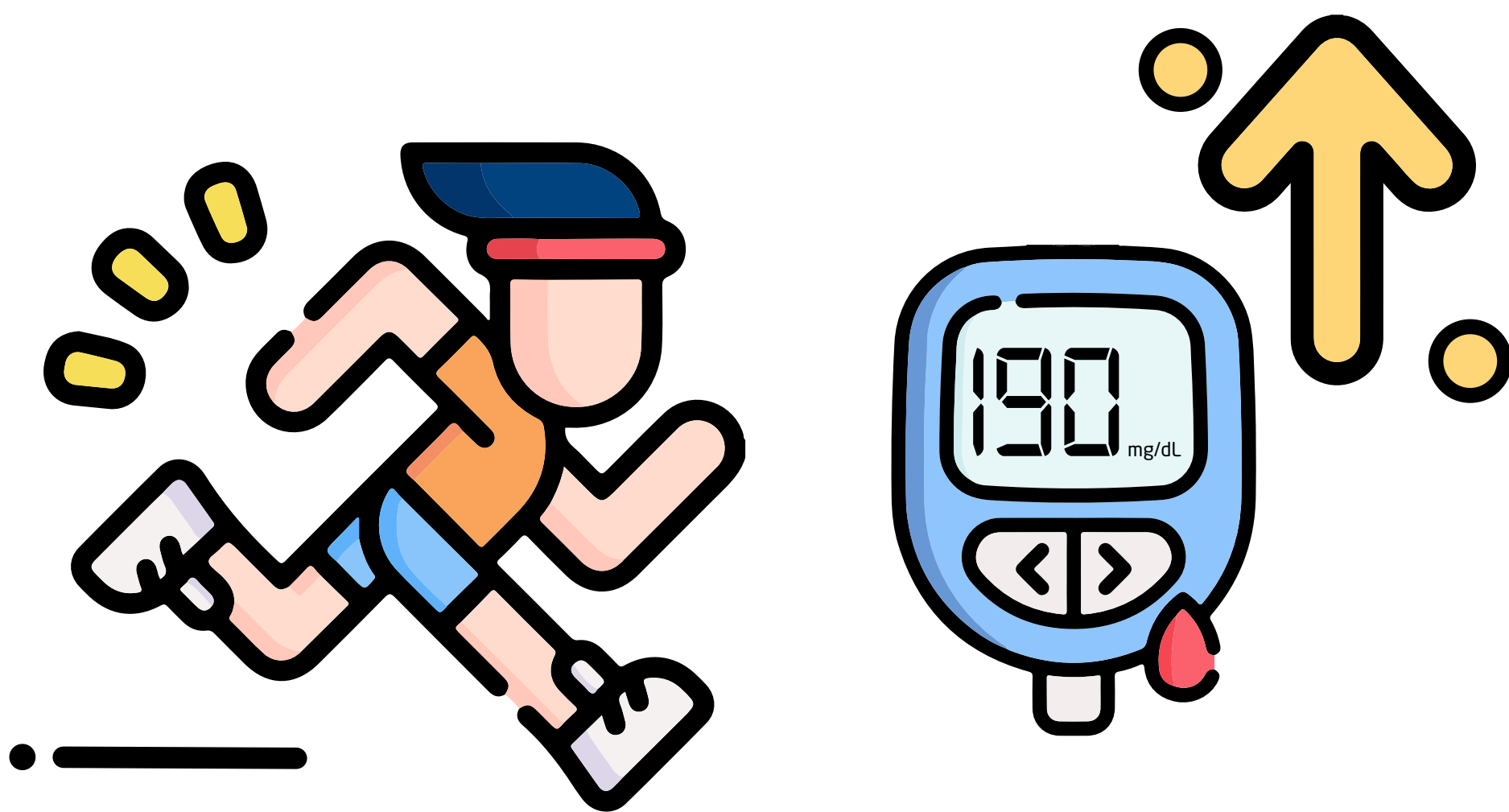
**AEROBIC EXERCISES ARE OF
LESSER INTENSITY AND
LONGER DURATION,** where
your blood sugar levels may
drop.



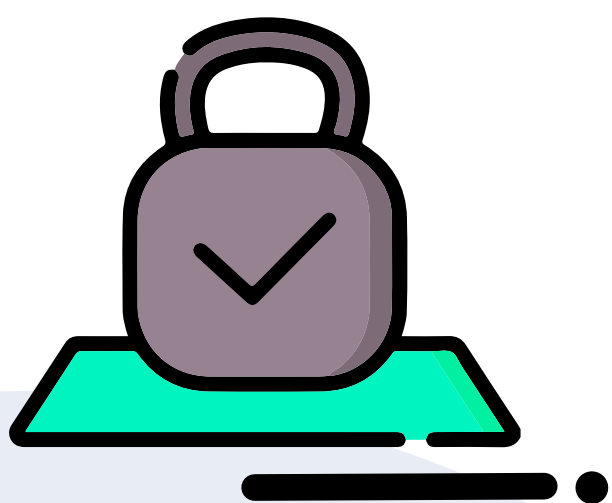
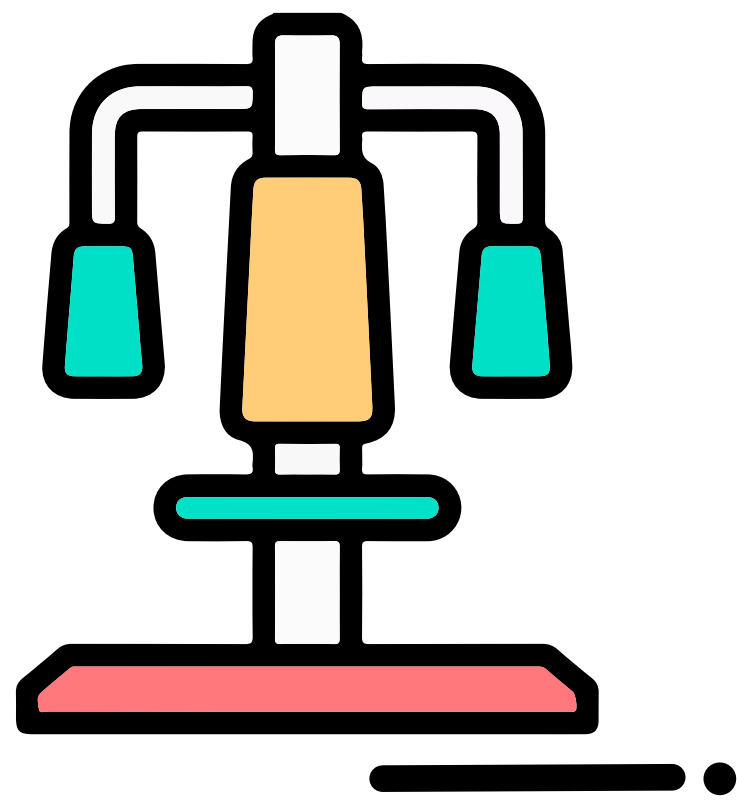
These exercises include
**WALKING, JOGGING,
CYCLING, ZUMBA** and
SWIMMING.



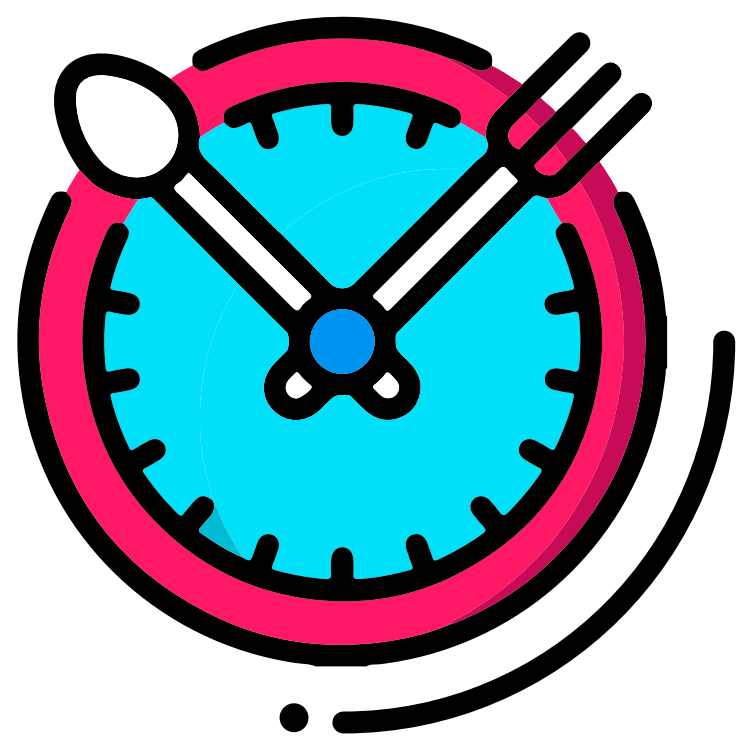
STRENGTH TRAINING EXERCISES ARE OF HIGH INTENSITY AND SHORT DURATION, and may cause a temporary spike in your blood sugar levels.



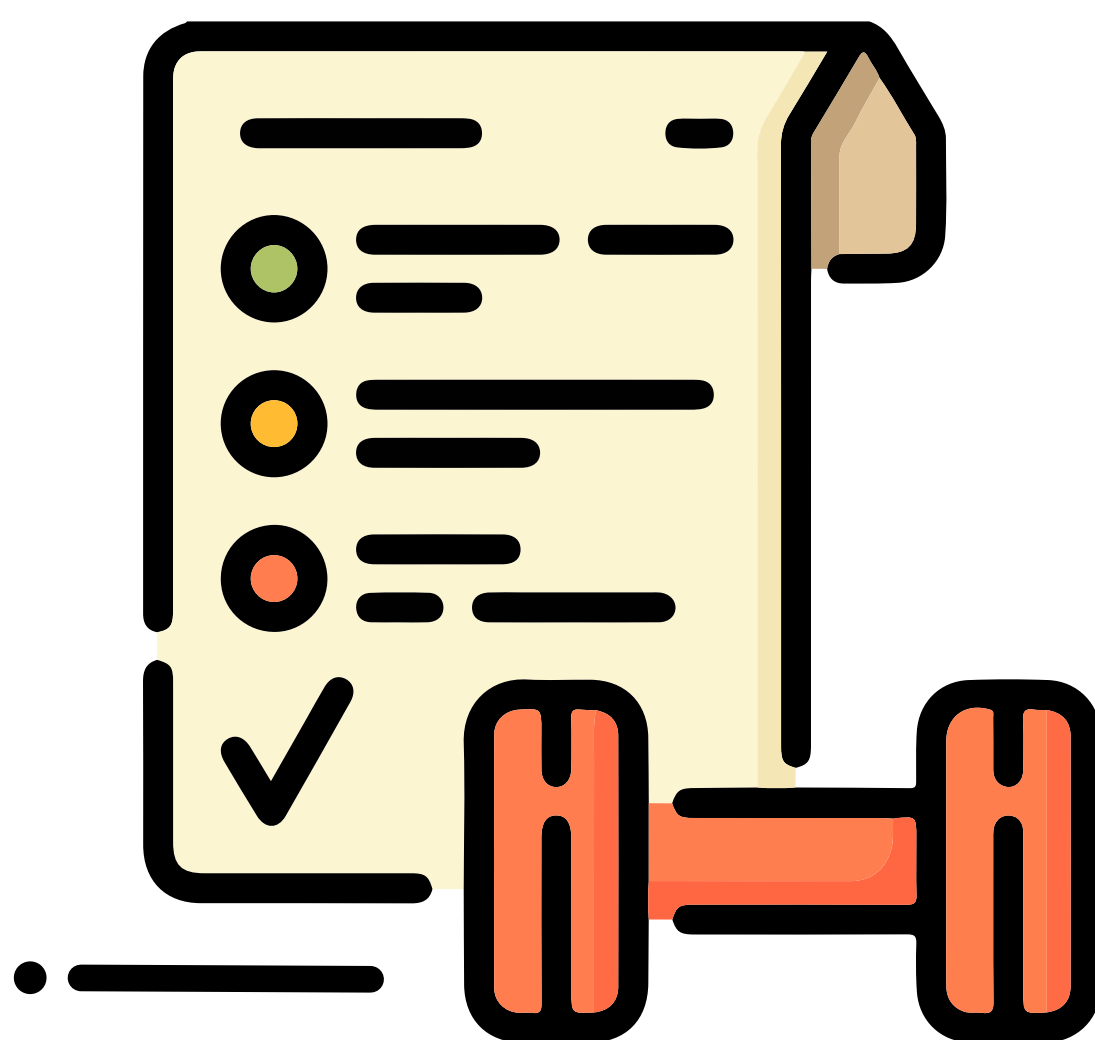
These exercises include
**SQUATS, LUNGES, FREE
WEIGHTS, WEIGHT
MACHINES, RESISTANCE
BANDS, HIGH INTENSITY
INTERVAL TRAINING (HIIT)**
and **SPRINTING.**



It is very **IMPORTANT TO
BALANCE YOUR INSULIN
DOSES WITH THE FOOD**
you eat and the activity that
you do



PROPER PLANNING AND MONITORING of your blood sugar and body response to exercise can help you keep your blood sugar in the target range





CAUTION

If you have never exercised before or have been inactive for a long time, make sure to consult your doctor, review your Insulin dose and take his approval before starting on a new exercise regime.

“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”





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Reference

1. American Diabetes Association; Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers. Clin Diabetes 1 January 2022; 40 (1): 10-38.
<https://doi.org/10.2337/cd22-as01>
2. Adolfsson P, et al. ISPAD Clinical Practice Consensus Guidelines 2018: Exercise in children and adolescents with diabetes. Pediatr Diabetes. 2018 Oct;19 Suppl 27:205-226.
3. Salis S, et al . Healthy eating and carbohydrate counting for children and adults with type 1 diabetes. Indian Foods - Edition 1, 2021. ISPAD & Life for a Child
4. ADA. Exercise and type 1. Available at <https://www.diabetes.org/healthy-living/fitness/exercise-and-type-1>

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