

# MyCARE

With me, every step of the way



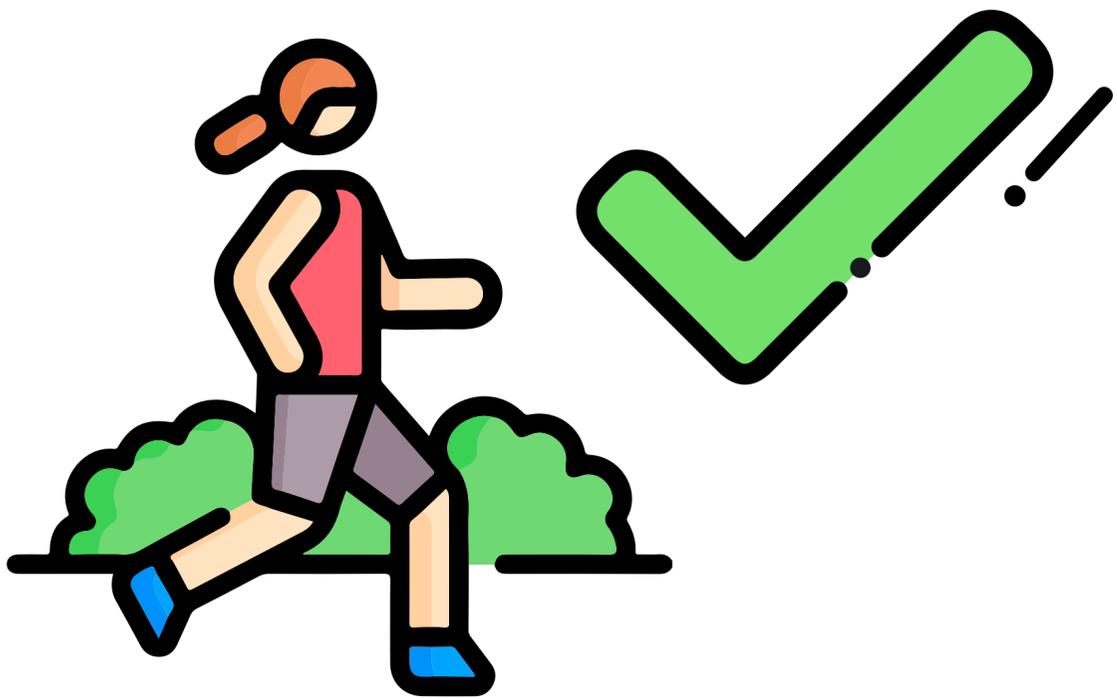
“ Let’s understand the  
**IMPORTANCE OF EXERCISE**  
**IN TYPE 1 DIABETES** ”



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



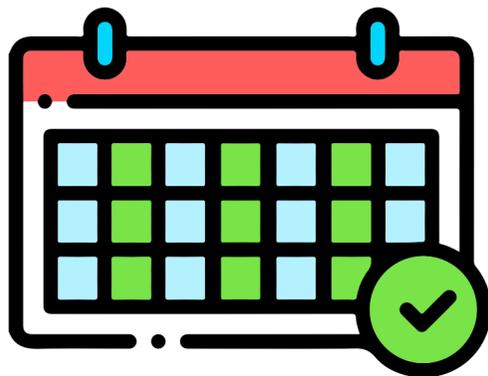
**EXERCISING HELPS THE  
INSULIN TO WORK MORE  
EFFECTIVELY** and therefore  
helps in lowering your blood  
sugar levels



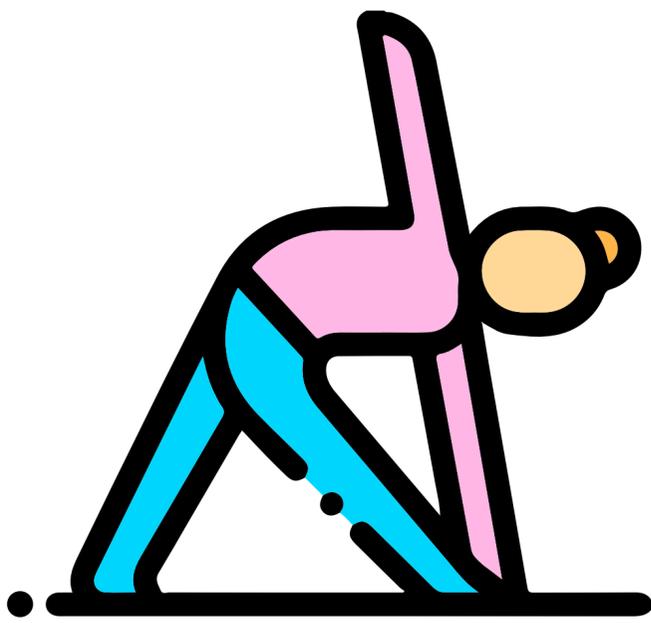
Children and adolescents with Type 1 Diabetes should engage in **60 MINUTES/DAY OR MORE OF MODERATE TO VIGOROUS INTENSITY AEROBIC EXERCISES**



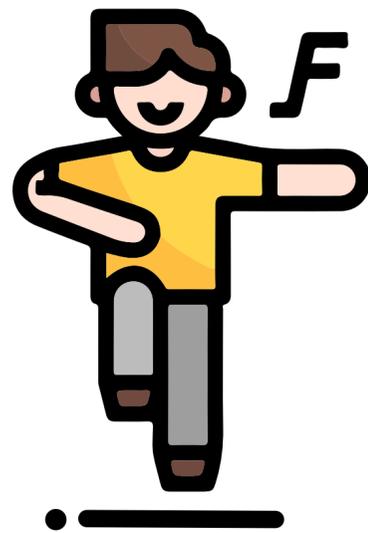
Along with vigorous  
**STRENGTH TRAINING  
EXERCISES AT LEAST 3  
DAYS/WEEK**



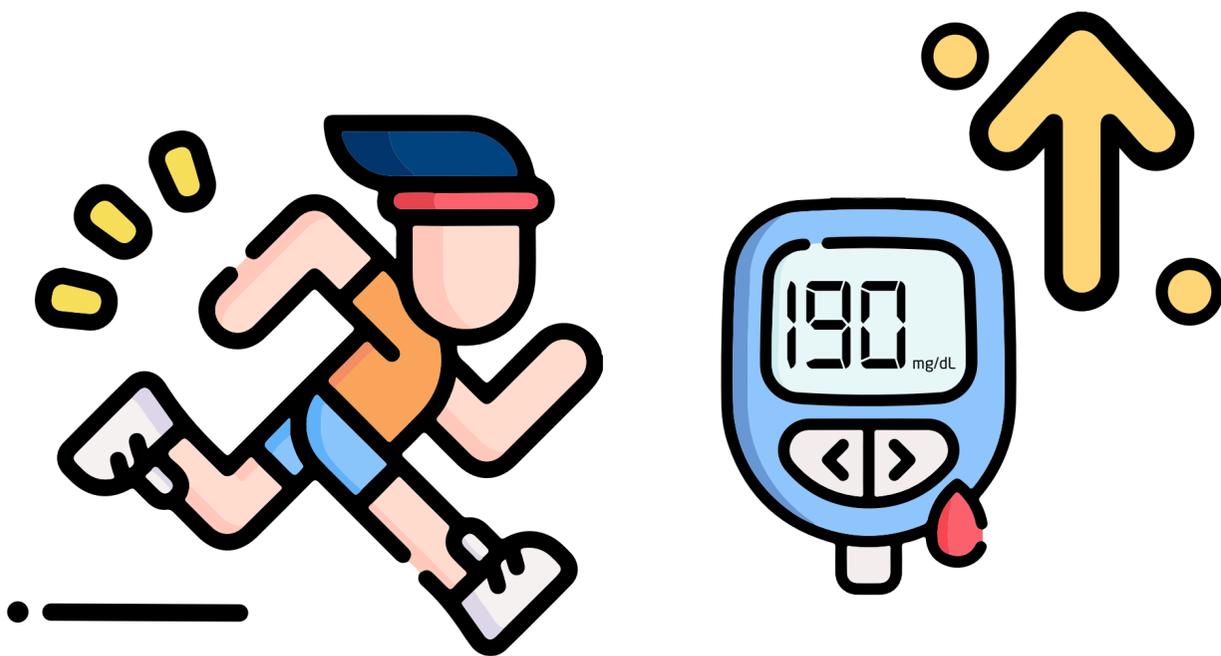
**AEROBIC EXERCISES ARE OF  
LESSER INTENSITY AND  
LONGER DURATION,** where  
your blood sugar levels may  
drop.



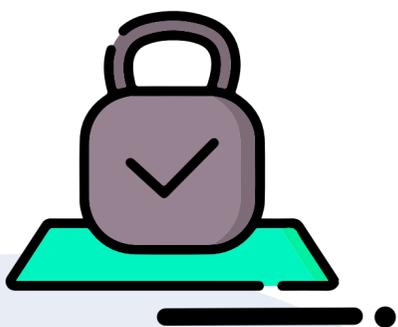
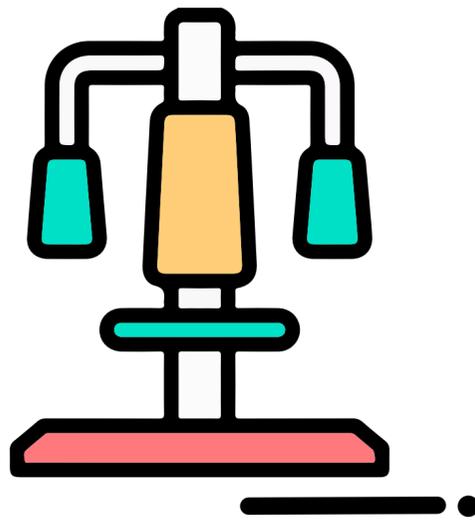
These exercises include  
**WALKING, JOGGING,  
CYCLING, ZUMBA** and  
**SWIMMING.**



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

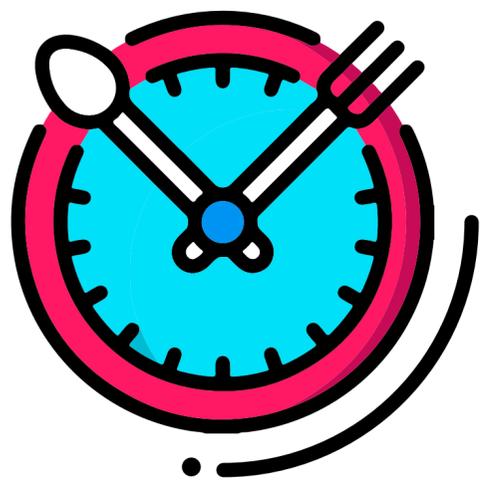


These exercises include **SQUATS, LUNGES, FREE WEIGHTS, WEIGHT MACHINES, RESISTANCE BANDS, HIGH INTENSITY INTERVAL TRAINING (HIIT)** and **SPRINTING.**

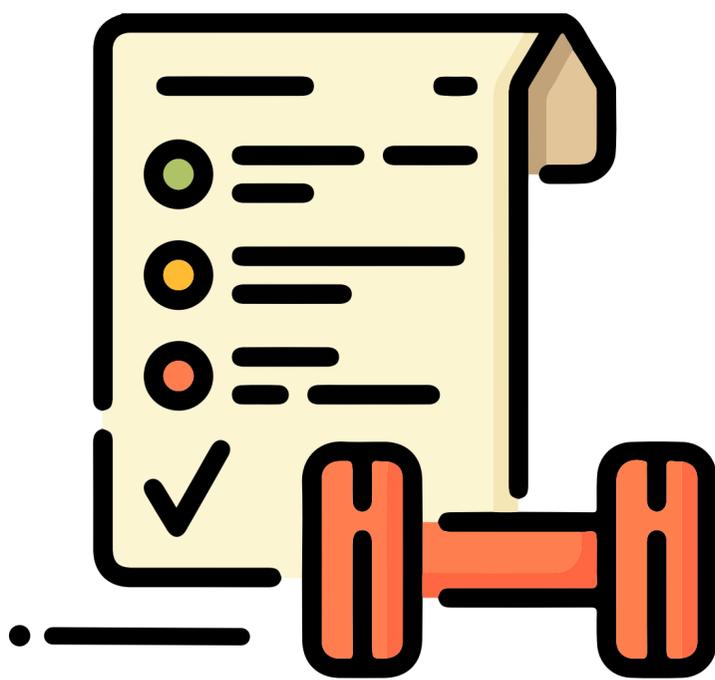


It is very **IMPORTANT TO  
BALANCE YOUR INSULIN  
DOSES WITH THE FOOD**

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

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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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