At the September meeting we split into two groups, one of which was to talk about the impact of T1 on our exercise. Here are the take outs from this discussion group. **As a voluntary support group,** type1 bedfordshire is a voluntary support group and whilst we are able to share tips, knowledge and our own experiences, we cannot provide medical advice. For any medical concerns or questions about your diabetes management, please contact your diabetes team.

Exercise and Type 1 Diabetes

- Exercise is broad ranging and could be anything from gardening, housework, a short dog walk to walking around a city or running marathons and beyond but our conclusion was that it always needs a bit of pre-planning to keep blood sugar levels (BSL) in the right place and really importantly to enjoy it!
- The pre-planning varies for everyone and depends on what you are doing for how long and how intensive. We all agreed that pre-planning is really important and takes a bit of time to focus on it but is time well spent.
    - There is the usual equation we work through: what is our BSL, what carbs do I need, when do I eat them, when do I take the insulin, how much insulin do I take and maybe reducing the ratio to the carbs before exercise, what's my IOB when I start, what do I ideally want my BSL to be when I start……. These vary for everyone depending on what you are doing.
    - setting pods and pumps to 'activity mode' or the equivalent which might be needed to drop any over correction and the buildup of IOB which might accelerate pulling your BSL down. If you are injecting this might mean reducing your insulin to cab ratio before prior to exercise.
    - Ensuring you have enough fast acting glucose to top up if needed and if exercising for a long period of time a plan to stop check BSL and refuel if needed, water to keep hydrated and importantly some slower release carbs for afterwards if needed to stop BSL dropping.
- Remember that for some exercise can 'pull' the insulin through quicker. So, if you have insulin on board (IOB) you need to factor this in as it could accelerate your BSL dropping.
- We discussed aiming to start exercise with a slightly raised BSL to reduce the risk of lows and if the exercise if for a longer period of time eating slow releasing carbs to carry you through.
- We want to be able to exercise without worrying about it so might be worth thinking about what you want your BSL to be while you are exercising and maybe it is run at a higher level so you feel more confident. At the end of the exercise depending where your BSL is you can then make a decision if you need to correct it up or down but you have done a great 'exercise' session and feel good and satisfied!
- High intensity or anaerobic (e.g. short fast run, high intensity classes, weights) and low intensity exercise or aerobic (e.g. gardening, walk, long cycle, swimming, long run) can have different impacts – this is worth reading about to understand the difference between the two and again will vary for each of us. There is plenty of information online or CGBT about this!

- Sometimes we are concerned or worried about starting something new. So, if there is a new type exercise you want to do it might be worth starting it in 'bite size chunks' and building it up so you get an understanding of the impact of it and build your confidence.
- Always carry fast acting glucose with you and stop and check your BSL if you feel it is dropping. Stop if you are not confident of getting BSL back up to be able to continue.
- Watches – some Apple and Garmin watches are compatible with CGMs so you can see your BSL on your watch which is a real help especially for longer exercises or if you can't get to your phone easily.

There is a lot of information online that can help and help understand the impact of the exercise you do or want to do.

Most importantly – we can all do it, no matter what the exercise is with some pre-planning, having a go and learning and building confidence as you go. It is a great help to us on all fronts.