## **Exercise management : Type 1 diabetes 30-60 minutes e.g. School PE**







When exercise longer than 60 minutes e.g. School Sports Day. After first 60 minutes exercising , consume additional 10-15g fast acting carbohydrate e.g. isotonic sports drink every 30-60 minutes during active exercise when blood glucose or sensor glucose fall below 7mmol/l as required . Blood glucose levels target when exercising 5mmol/l –10mmol/l.

## Children and Young People (5 to 18 years).

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day.

Fast acting glucose for exercise management& hypoglycaemia	Carbohydrate (g)	Primary School = 10g	Secondary School = 15g
Lift <sup>®</sup> glucose chewable tablets	3.7g per tablet	3	4
Glucose tablets e.g. Dextro <sup>®</sup> Energy	3.3g per tablet	3	5
Lucozade <sup>®</sup> Energy Original drink (contains caffeine)	8.9g per 100ml	110ml	170ml
Lift <sup>®</sup> liquid glucose shot	15g per 60ml bottle	40ml	60ml
Isotonic Sports drink e.g. Lucozade Sport, or supermarket own brand. Also home-made isotonic Sports glucose drink	6g/100ml	<b>170ml:</b> <b>Recipe :</b> 170ml water & Sugar free squash, add weighed glucose powder (10g)	<b>250ml:</b> <b>Recipe</b> :250ml water & Sugar free squash, add weighed glucose powder (15q)

## **Advanced Options**

- Reduce the insulin given for food before exercise (if that is within 90minutes). A reduction of 25-50% may be required .
- Reduce the insulin given for food after exercise (if that is within 90minutes). A reduction of 25-50% may be required.
- If exercising in evening or frequent periods of exercise during the day e.g. swimming or cycling have a snack before bed (with insulin) that contains carbohydrate and protein e.g. milkshake, crumpet and peanut butter ,smoothie made with yoghurt and fruit.
- Further information on exercise management available on request .

NB Advanced options of insulin reduction <u>not</u> intended for usual Primary School PE Lessons.