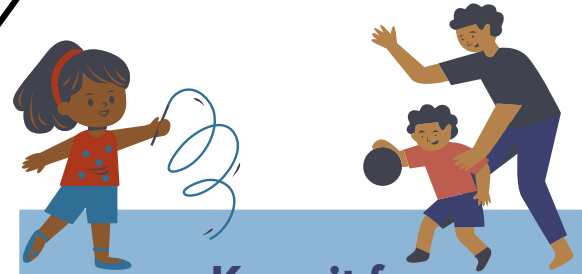


Fitness Resources



	Free	Less than \$10/month	Recommended 7-13 years old	Recommended 12-18 years old
Fitness Blender	✓			✓
SWORKIT Kids	✓		✓	✓
GoNoodle Kids	✓		✓	
FitOn	✓			✓
Nike Training Club	✓		✓	✓
Les Mills		✓		✓
BTES Fit		✓		✓
Obe Fitness				✓



Keep it fun
Include variety
Make it part of your routine
Be active together



Physical Activity Recommendations

Recommendations for Children Ages 3 Through 5 Years

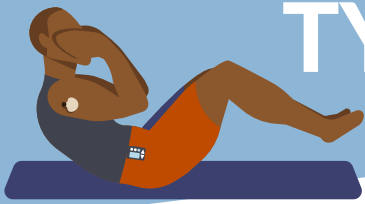
- Active play throughout the day.
- Adult caregivers should encourage children to be active when they play.
- Reduce screen time to 2 hours or less per day.

Recommendations for Children and Adolescents Ages 6 Through 17 Years

- 60 minutes+ of moderate-to-vigorous physical activity daily.
 - Aerobic activity (cardiovascular): 3+ days a week of vigorous-intensity activities: walking, hiking, running, jogging, biking, soccer, etc.
 - Anaerobic activity: 3+ days a week
 - Muscle-strengthening = activities like climbing or doing push-ups
 - Bone-strengthening = activities like jumping or running



MANAGING EXERCISE & TYPE 1 DIABETES



Low Blood Sugars*

- Exercise increases sensitivity to insulin
- Low blood sugars can occur during, after, or many hours later
- Aerobic activities (low intensity/long duration) increase risk of low blood sugar: walking, running, biking, swimming, etc.

High Blood Sugars*

- High blood sugars can occur due to insufficient insulin and adrenaline surges
- Anaerobic activities (high intensity/short duration) increases risk of high blood sugar: weight lifting, sprinting, gymnastics, etc.

Be Prepared!

TAKE WITH YOU
THE FOLLOWING:

Carbohydrate Snacks

Fruit
Crackers
Granola Bars
Gatorade®



Low BG Treatments

Juice
Glucose Tabs
Skittles®
Fruit Snacks
Dried Fruit
GU Gels®
Honey Sticks
Applesauce



Water

Water for hydration
before, during and after

ID Bracelet/Necklace



Preventing Low Blood Sugar

- Reduce insulin up to 50% for the 2 hours prior to exercise (carb + correction dose)
- If BG < 130 prior to exercise, eat 10-20 g carbohydrate
- May need additional 15g carbs for every 30-60 minutes of exercise



Managing High Blood Sugar

- *If BG >300 twice for two hours or more, then check ketones
 - Ketones **NEGATIVE** → give half of a correction dose and exercise
 - Ketones **POSITIVE** → **DO NOT** exercise until ketones are cleared
- Stay hydrated!



CHECK, CHECK, CHECK

Monitor Glucose Levels (Meter or CGM)

BEFORE • DURING* • AFTER exercise

*check during if longer than 60 minutes



***Effects of exercise can vary from person to person, activity to activity. Consult with your registered dietitian for more advice.**