### Fitness Resources

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<th>Free</th>
<th>Less than $10/month</th>
<th>Recommended 7-13 years old</th>
<th>Recommended 12-18 years old</th>
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<td>Fitness Blender</td>
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**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

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*Source: CDC Physical Activity*
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.