

Exercise and T1D

Managing T1D while exercising is essential for both safety and performance, especially when working out alone. Exercise can impact blood sugar levels in different ways, so understanding how to prepare, monitor, and recover is key. Always talk to your healthcare provider about your individual target ranges and insulin adjustments, as everyone's body responds differently. Being prepared allows you to focus on your workout, even if you have unexpected highs or lows.

✓ BEFORE WORKING OUT

- **Check Your Blood Sugar:** Aim for a safe range before starting.
- **Eat If Needed:** If your blood sugar is on the lower side, have a snack with carbs and protein.
- **Adjust Insulin If Necessary:** Reduce bolus insulin before workouts to prevent lows. For longer or intense sessions, consider adjusting basal insulin.

✓ WHILE WORKING OUT

- **Monitor Blood Sugar Levels:** Consider checking every 30-45 minutes, especially during longer workout sessions.
- **Keep Low Treatments On Hand:** Always have fast-acting carbs like glucose tablets or juice nearby.
- **Stay Hydrated:** Continue drinking water (or an electrolyte drink) throughout exercise.
- **Recognize Symptoms of Highs/Lows:** Fatigue, dizziness, shakiness, or headaches may signal a need to stop and check your blood sugar levels.

✓ POST WORKOUT

- **Check Your Blood Sugar Again:** Exercise can cause delayed lows hours after stopping.
- **Refuel Properly:** Have a balanced snack or meal with protein and complex carbs to stabilize blood sugar.
- **Adjust Insulin If Needed:** Your body may need less insulin than usual for several hours after a workout—track patterns and adjust accordingly.

T1D WORKOUT TIPS

- **The Carryover Effect**
 - Exercise can impact blood sugar levels for up to 24 hours post-workout, leading to delayed hypoglycaemia, especially with cardio-heavy activities. Be extra mindful of overnight lows if you work out in the evening.
- **Strength Training vs. Cardio Effects**
 - Cardio (running, cycling, swimming) tends to lower blood sugar.
 - Strength training (weightlifting, resistance exercises) can raise blood sugar temporarily due to adrenaline but may lower it later.

