

## Sports & Activity



Glucose levels should be checked before, during and after exercise.

You shouldn't exercise if ketones are above 1.5mmol/L.



Daily exercise and activity is good for health, feeling well, and for diabetes management, and we need to do 60 minutes or more exercise a day.

**60  
mins**



I might need to adjust my insulin dose and the food I eat before exercising.

I'm not expected to do this all on my own, so I can check with my parents and my diabetes team when I need help.

There are special rules about the use of medication in some competitive sports at regional or national level, so you'll need to find out about this, if this is what you plan to do.

