

Exercise & Activity

I'm a cheerleader at the Halifax Panthers. We perform at the Shay whenever we've got home games on a Sunday and we do plenty of other stuff like doing the galas, going to away games, and just doing fundraising activities.

The coaches, teammates and anyone there, they are super lovely and whenever I do go low, if I do have an incident, they will go ask me to sit out and they will check up on me every now and then.



Yes, I may go a bit high but I can just sort that real quickly and if I do go low my coaches, my teammates, everyone there do look after me. They all tell me to go sit down. They all check on me whilst I do what I need to do.

Blood glucose levels should be checked before, during and after activities. The target glucose before exercise is 7-10mmol/L. Ketones should be below 0.6mmol/L to exercise. You shouldn't exercise if ketones are above 1.5mmol/L.



You should check for ketones if your bloods are above 14mmol/L and if they are 7mmol/L or below, then you should have some carbohydrates as a snack.

Daily exercise and activity is good for:

- Heart health.
- Bone strength.
- Weight management.
- Mental health.
- Diabetes management.



To prevent low blood glucose levels before and during exercising, I can:

- Check glucose levels.
- Have a small snack.
- Reduce insulin at meals beforehand.
- Set an activity target on a pump.
- Check blood glucose levels whilst exercising.

Regular activity and exercise can have a positive impact on both mental and physical health and everyone should do 60 minutes of activity a day.

There are special rules about using some medications 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.