

Exercise

Always check your glucose level before, during and after exercise.



Always carry a drink



Consider reducing your insulin before or after exercise.



Wear or carry ID saying you have Type 1 diabetes or have your phone with you if you have one.

You will need more fluids if glucose is high.

Carry A Snack

Cereal Bars



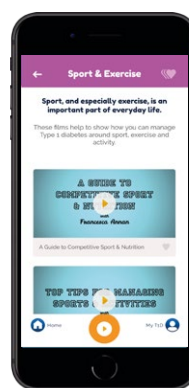
Cake Bars



Fruit



Jaffa Cakes



You can find more information in the **sport and exercise section** of the DigiBete website and app and more resources can be found on the age pages.



12-13's page



14-15's page

www.digibete.org