

Tips to Remember for Type 1 Diabetes

Remember to...

- 1) Keep candy/juice handy
- 2) Exercise within 1 hour of consuming a meal or snack
- 3) Check blood glucose frequently
- 4) Do NOT inject insulin into primary muscle group that will be used during exercise
- 5) Exercise at same time of day if possible
- 6) Have a carb snack during prolonged exercise
- 7) Check blood glucose before & after exercise
- 8) Start cardio at 50 – 65% of cardiac reserves; Progress to 60 – 70%
- 9) Indulge in Cardio exercise 4 – 7 days per week
- 10) Gradually work up to 20 -30 minutes of cardio per session
- 11) Either reduce insulin intake or increase carb intake before exercise