SIMPLE STEPS

01

Consume small amounts of carbohydrates frequently during exercise. The amount that you need will depend upon the type of exercise that you are doing and for how long. A reasonable starting point is 15-20g of carbohydrates every 20 minutes

02

After exercise your blood glucose level might rise, if you need insulin to correct this you may need less than normal.

03

Consider reducing the fast acting insulin for your ***first meal and second*** meal after exercise.

04

8-10 hours after exercise you may be at an increased risk of a low blood glucose level as your glycogen stores are 'recharged'...

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THE 50-50-50-20 RULE

Your needs may vary, but, a good starting point for preventing low blood glucose levels after exercise is the 50-50-50-20 rule.

- If you need an insulin correction after exercise consider reducing your fast acting insulin by 50%.
- Reduce the fast acting, or bolus, insulin at your ***first and second*** post exercise meals by 50%.
- If you are using an insulin pump reduce your basal insulin by 20% for the first 12-24 hours after exercise.

FOR THE BEST ADVICE CONTACT YOUR HEALTH CARE TEAM

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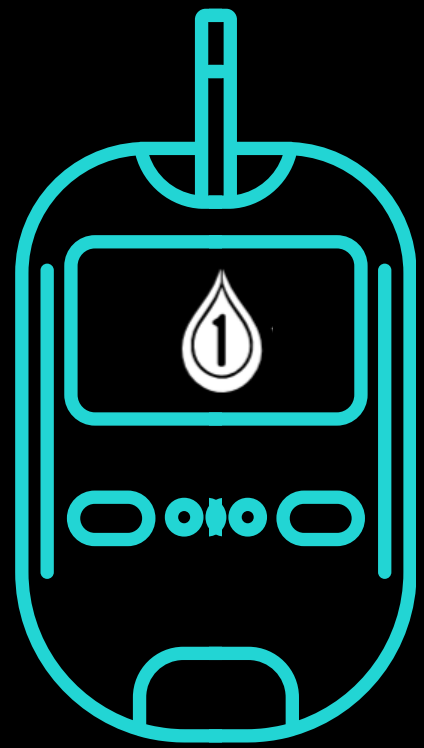
HELPING YOU TO REDUCE THE RISK OF A LOW BLOOD GLUCOSE LEVEL AFTER PHYSICAL ACTIVITY

For Adults with Type 1 Diabetes



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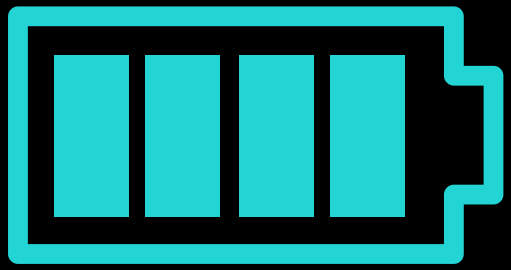


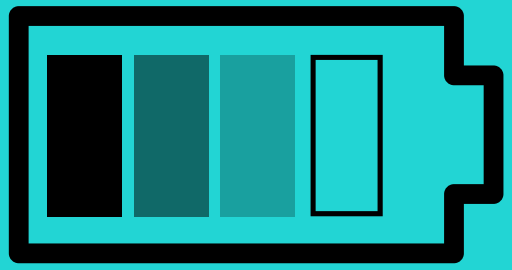
POWERING YOUR BODY

Moving your body requires energy. Your body has several different energy stores including glucose in your blood, fats and a special chemical energy called glycogen. Glycogen is stored in your liver and your muscles.

GLYCOGEN

When you are physically active the intensity and duration of your work/exercise determines which fuel you will use; blood glucose, fat or the glycogen stores in your liver and in your muscles.

Glycogen stores are important for activities lasting more than 20-30 minutes.



RECHARGING YOUR BATTERIES

It can be helpful to think about replacing the energy (glycogen) in your liver and your muscles as recharging your batteries. Just like a rechargeable battery needs time to recharge your body also needs time to recharge it's energy stores.

8-10 HOURS AFTER EXERCISE

Around 8-10 hours after you have finished physical activity your body will covert some of the glucose circulating in your blood into glycogen and store it in the liver and the muscles. This process is automatic, for people with type 1 diabetes it can increase the risk of a low blood glucose at this time.

GLUT-4

Exercising muscles activate a substance called GLUT-4, this helps them to get the energy they need when you ask them to do more work. GLUT-4 makes you more sensitive to insulin, and may make your insulin seem like it is more powerful, you may need to reduce your insulin or eat more carbohydrates for 24-48 hours after you finish your exercise.

YOUR NEEDS WILL VARY

The information given in this leaflet is general guidance, your needs will vary and you should discuss your requirements and strategies with your health care team.

FOR THE BEST ADVICE CONTACT YOUR HEALTH CARE TEAM.