Exercise Tips for Type 1 Diabetes

Exercise boosts energy, mood, heart health, and helps keep glucose in range. Plan ahead to stay safe and in range. Aim for 60 minutes most days of physical activity!

1. Before Exercise – Always Check a Blood Glucose

Starting BG	What to Do	Why
Less than 120 mg/dL	Eat 10-15g carbs + protein	Fuel up to prevent a low.
120–250 mg/dL	Ready to go!	Safe range to start activity.
Greater than 250 mg/dL	Check Ketones	Avoid exercise if ketones are moderate/large

2. Always Bring Carbs With You



Treat lows with 15g of carbs, then recheck in 15 minutes.

3. Carry Your Supplies

Glucose Meter or CGM	Fast Acting Carbs
Glucagon or Baqsimi	Water Bottle
Extra Insulin or Pump Supplies	Medical ID (bracelet or phone medical ID)



4. During Exercise

- Check CGM or Fingerstick every 20-30 minutes (or sooner if feeling low or dizzy)
- Eat 10-15g carbs every 30-45 minutes for prolonged activities

5. After Exercise

- Lows can happen hours later, always check blood sugar after and have a snack (carbs + protein) if trending down

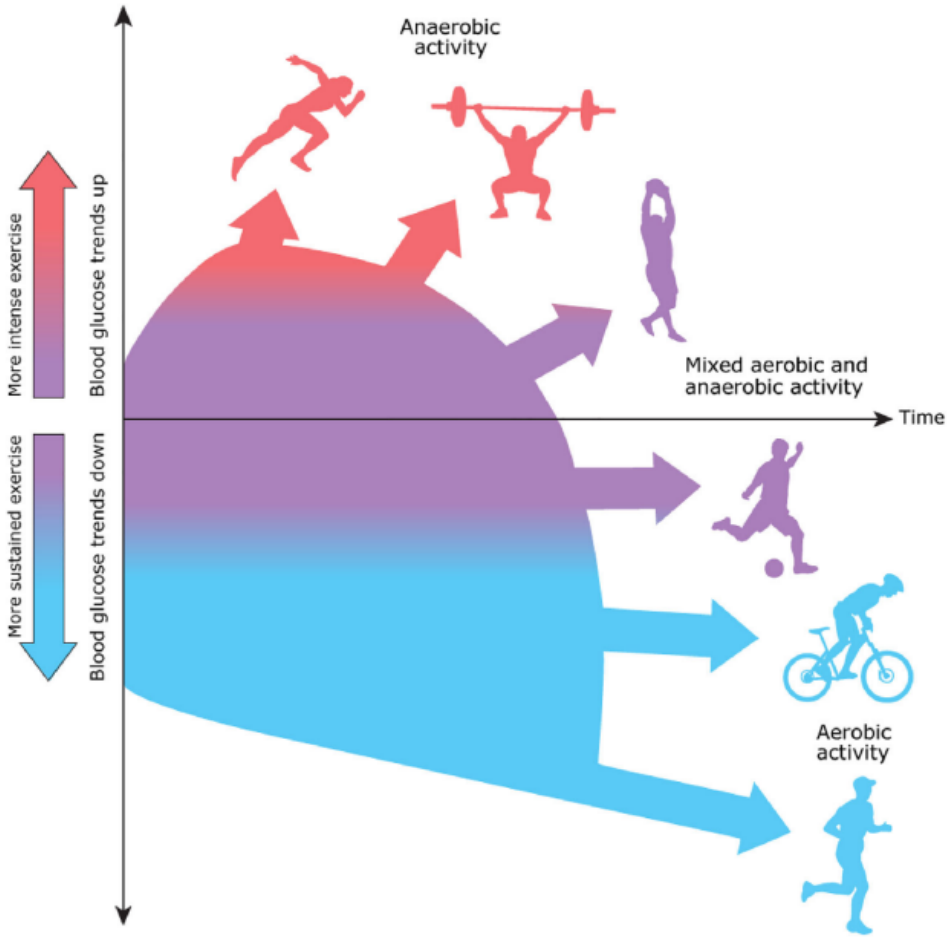
Insulin Pump Recommendations

- Start Exercise/Activity mode 30–60 minutes **before** activity,
- Keep on during exercise
- Consider continuing 1-2 hours after

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How Different Exercise Effects Your Blood Glucose

Exercise Type	Description	Effects on blood-glucose
Anaerobic (Sprinting, heavy lifting, HIIT workouts)	Higher intensity, shorter durations	Expect spikes in blood-glucose levels
Aerobic (Running, cycling, swimming, dancing)	Lower intensity, longer duration	Expect a drop in blood-glucose levels
Mixed (Team sports- soccer, basketball, lacrosse)	Combination of aerobic and anaerobic activity	Expect blood glucose levels to fluctuate- can drop or spike



Reproduced from the ISPAD 2022 Clinical Practice Consensus Guidelines, International Society for Pediatric and Adolescent Diabetes.