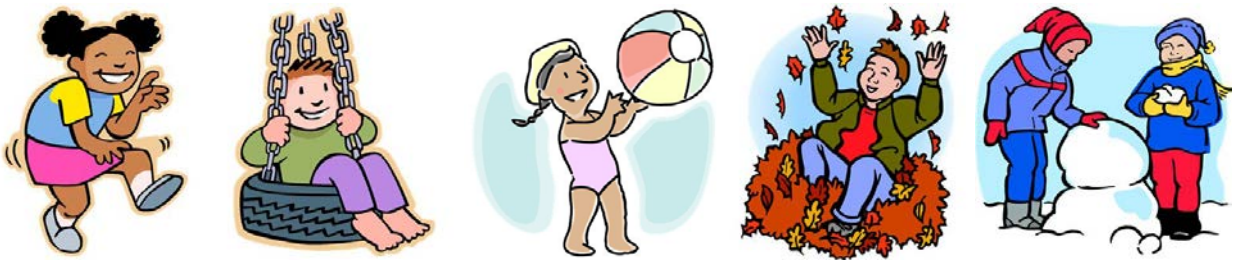


Activity helps children with diabetes

Physical activity can help your child feel good, have fun and stay healthy.

Having diabetes does not limit what your child can do. With a little planning, your child can safely enjoy all the benefits of being active.



How does activity help my child?

Physical activity:

- ✓ strengthens muscles and bones
- ✓ relieves stress
- ✓ boosts energy, self-esteem and confidence
- ✓ helps maintain a healthy weight
- ✓ helps insulin works better, keeping blood sugar levels in a healthier range

Encourage your child to be active every day.

What kinds of activity are best?

All types of exercise and activity are good. Encourage your child to try a variety of activities to see which is right for him or her.

Involve friends and family. If your child finds an activity is fun, he or she will be more likely to take part.

Make activity part of daily life. Your child may enjoy sports, martial arts, skating or dancing. Your child can also ride a bike, play tag, skateboard or use playground equipment. These activities are free and don't need to be scheduled.

Most activities are safe for children with diabetes. However, you may want to talk with your diabetes team if your child:

- has not been active before
- wants to do adventure activities or extreme sports

Doing a variety of activities:

- ✓ works the heart and lungs
- ✓ stretches and strengthens muscles
- ✓ improves balance and coordination

How does activity affect diabetes?

When your child is active, his or her muscles use sugar from the blood for energy. This usually lowers the blood sugar level.

How activity affects blood sugar levels depends on:

- when the activity occurs
- the type of activity (how much effort is required)
- how long your child will be active
- when your child ate last, and what he/she ate
- when your child took insulin, how much was given and when it peaks

Activity can affect blood sugar levels for 12 to 24 hours.

Each child is different. The best way to learn how activity affects your child is to check and record his/her blood sugar often.

What should we watch for?

Watch out for low blood sugar - less than 4 mmol/L. This is called hypoglycemia.

The signs of low blood sugar include:

- trembling or feeling shaky
- sweating
- trouble thinking or concentrating
- feeling hungry
- feeling weak
- feeling nervous or irritable
- dizziness
- feeling unsteady
- upset stomach or stomachache
- headaches
- slurred speech
- blurred vision
- numbness or tingling of the lips, tongue, fingers or feet

Low blood sugar must be treated right away. Follow the instructions from your diabetes team.

What should my child bring?

For activities away from home, your child should always c

- water
- liquids that contain sugar to treat low blood sugar (such as fruit juice or regular pop)
- supplies to test and record blood sugar
- insulin and other medications
- identification and emergency contact information



What should I tell the coach?

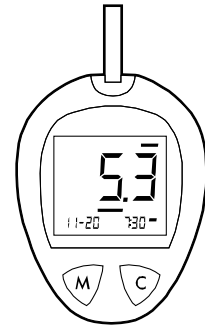
Tell your child's coach, teacher or activity leader:

- your child will test his/her blood sugar often
- your child may drink water or eat a snack before, during or after an activity
- your child may interrupt or stop an activity to tend to his/her needs
- what to do if your child has low blood sugar

please turn over →

How can my child exercise safely?

Test your child's blood sugar before, during and after exercise or activity.



BEFORE activity

1. Test your child's blood sugar.
 - If the blood sugar is over 16 mmol/L, test for ketones. If ketones are present, your child should not exercise.
2. Decide whether to adjust food, insulin or both. You may need to work with your diabetes team to learn how to do this.
 - If the blood sugar is less than 6 mmol/L, give your child a snack (15 to 20 gm of carbohydrate) before the activity.
 - Do not inject insulin over an exercising muscle. The insulin could be absorbed too quickly, causing hypoglycaemia.

DURING activity

1. Test your child's blood sugar for every 30 minutes of activity.
 - If the blood sugar is low, stop the activity and give your child liquids that contain sugar (follow the instructions from your diabetes team).
2. Have your child drink water to prevent dehydration.

AFTER activity

1. Test your child's blood sugar at your regular times. If your child did a new activity or did more activity than usual, you may also need to check his or her blood sugar overnight.
2. Decide whether to adjust food, insulin or both.

**If you have any questions or need help,
talk with your diabetes team.**