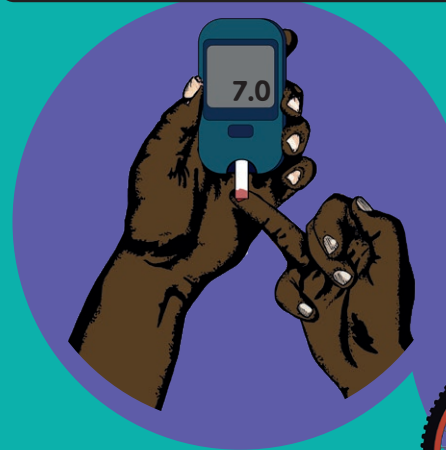


# EXERCISE

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



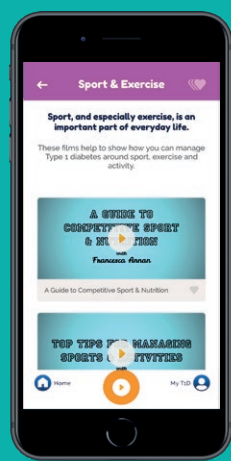
CAKE BARS



JAFFA CAKES



FRUIT



YOU CAN FIND MORE INFORMATION IN THE SPORT AND EXERCISE SECTION OF THE DIGIBETE **WEBSITE** AND APP.