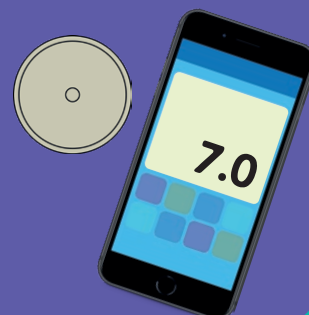


Always check your glucose level before, during and after exercise.



Always carry a drink



Consider reducing your insulin before or after exercise.



You will need more fluids if glucose is high.

Wear or carry ID saying you have Type 1 diabetes or have your phone with you if you have one.

Carry A Snack

Cereal Bars



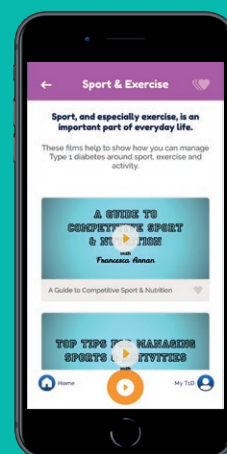
Cake Bars



Jaffa Cakes



Fruit



You can find more information in the sport and exercise section of the digibete website and app.