

An adventure to Waterfall Park

Our three heroes, Lenny, Maria and Raya are off on an adventure in search of the legendary and mystical Waterfall Park. They will embark on a journey of ups and downs and will learn many lessons along the way - Read on to find out more.



Lenny's expedition to Waterfall Park

Lenny is excited about his day out in the sun with Maria and Raya, on the hunt for Waterfall Park. Follow them all to see what adventures they will get up to on their journeys.



1 ★

Lenny, Maria and Raya all get ready to go on separate journeys to find the Waterfall Park

2

Lenny has a healthy breakfast and had the right amount of insulin

3

All the walking tired Lenny out so he has a drink of orange juice to make sure his glucose doesn't go low and he can stay on track

4

Back together the trio are halfway on their journey

5

Lenny checks his sensor glucose and all is well, so he tucks into some nuts to give himself some energy, with low carbs

6

Lenny helps Raya out with some insulin and gives Maria some sweets

7

Hurrah our heroes have reached Waterfall Park

Lenny's top tips:

1. Check your glucose levels throughout the day to help you manage your time in range.
2. Take your insulin, some high and low carb snacks and plenty of water when you are going out for the day with your friends.

Raya's race to Waterfall Park

Raya is excited to spend a day with her friends Lenny and Maria hiking to Waterfall Park. She's so excited she's missed her breakfast and finds herself a little lost, let's see what happens!



1 ★

Lenny, Maria and Raya all get ready to go on separate journeys to find the Waterfall Park

2

Raya missed breakfast and now finds herself down in the caves

3

A sugary drink helps Raya back to meet her friends

4

Raya is back on track with her friends Lenny and Maria

5

Raya was feeling a bit hungry so had some cereal bars but didn't take any insulin and now her glucose level is up in the sky

6

Lenny encourages Raya to take a correction dose of insulin

7

Hurrah our heroes have reached Waterfall Park

Lessons learned by Raya:

1. Have some breakfast with carbohydrates and take some insulin as needed if you are going out with your friends for the day.
2. Even if you are exercising, you may still need insulin if you have foods which are high in carbohydrates.

Maria marches to Waterfall Park

Maria meets up with Lenny and Raya for their hike to Waterfall Park. She had a big sugary breakfast and feels excited. Let's see what she gets up to!



1 ★

Lenny, Maria and Raya all get ready to go on separate journeys to find the Waterfall Park

2

Maria had a sugary breakfast and not enough insulin, sending her off course

3

Maria takes a drink of water, checks her glucose level and takes an insulin correction dose to get her back on track

4

Maria has found Lenny and Raya and joins them

5

Maria has forgotten to pack her snack, now she finds herself in the jungle

6

Lenny shares some sweets with Maria

8

Hurrah our heroes have reached Waterfall Park!

7

Maria is feeling better now her glucose is in range so continues on her journey

What did Maria learn?

1. Always carry a snack just in case your glucose falls low.
2. Make sure the people around you are aware that you are living with diabetes, and what they can do to help you.

An adventure to Waterfall Park

Lenny, Maria and Raya are off on an adventure in search of Waterfall Park. They know that going out for the day and doing some exercise might be a challenge to keep their glucose levels in range.

Lenny has lots of experience of long walks so manages his glucose levels well by ensuring he has a good breakfast with the right amount of insulin and then checking his glucose levels along the way and taking insulin and snacks as he needs them. Raya and Maria have less experience of days out walking, so make some decisions that send their glucose levels above or below range, but with Lenny's guidance they soon learn how to get back on track.

Above range



Maria had a sugary breakfast and not enough insulin, sending her off course



A drink of water and an insulin correction dose brings Maria down to meet Lenny

Raya has had too many cereal bars



Lenny helps Raya take some of her insulin

In range

10.0 - 3.9 mmol/L

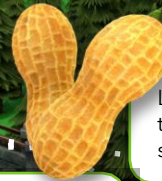
Lenny, Maria and Raya start the day with their glucose level in the target range

Lenny has a healthy breakfast and had the right amount of insulin

A drink of orange juice keeps Lenny on track



Back together the trio are halfway on their journey



Lenny tucks into some nuts

Lenny shares sweets with Maria to help her get back on track



Hurrah our heroes have reached Waterfall Park

Below range

Raya missed breakfast and now finds herself down in the caves

A sugary drink helps Raya back to meet her friends

Maria has forgotten to pack her snack, now she finds herself in the jungle

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