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Exercise (16-18's)

View:

<https://hma.wistia.com/medias/kv7zf8g268>



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A guide to competitive sport and nutrition:

View:

<https://hma.wistia.com/medias/orsaggllrg>



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Issac Coleman – Tackling type 1:

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<https://hma.wistia.com/medias/meuoqcmpdm>



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Be inspired by - Diathlete:

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<https://hma.wistia.com/medias/hgur8zekbr>



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Top tips for travel:

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<https://hma.wistia.com/medias/uk1f4km1h4>



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Let's talk about carb counting and eating out:

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<https://hma.wistia.com/medias/yqp2n3a0f1>



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Lifestyle and sleep:

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<https://hma.wistia.com/medias/ooevttdbp8>



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Top tips for alcohol:

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<https://hma.wistia.com/medias/k4gjimb3x8>



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Let's talk about drinking:

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<https://hma.wistia.com/medias/sgtwir6gem>



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Top tips for piercings and tattoos:

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<https://hma.wistia.com/medias/obj559mjy2>



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Talking about T1D:

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<https://hma.wistia.com/medias/soesc5frtz>



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Let's talk about emotional wellbeing:

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<https://hma.wistia.com/medias/f57dmxy57c>



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Top tips for hypoglycaemia:

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<https://hma.wistia.com/medias/dotbb04ce4>



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Top tips for driving:

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<https://www.digibete.org/wp-content/uploads/2025/04/Driving-1104.pdf>