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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:**

**View:**

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



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### **Be inspired by - Diathlete:**

**View:**

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



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### **Top tips for travel:**

**View:**

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



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### **Let's talk about carb counting and eating out:**

**View:**

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



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### **Lifestyle and sleep:**

**View:**

<https://hma.wistia.com/medias/0oevttdbp8>



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### **Top tips for alcohol:**

**View:**

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



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### **Let's talk about drinking:**

**View:**

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



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### **Top tips for piercings and tattoos:**

**View:**

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



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### **Talking about T1D:**

**View:**

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



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### **Let's talk about emotional wellbeing:**

**View:**

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



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### **Top tips for hypoglycaemia:**

**View:**

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