



DIABETES

Diabetes is a complex condition which can affect the entire body. Diabetes requires daily self-care and if complications develop, diabetes can have a significant impact on quality of life and can reduce life expectancy.

There are different types of diabetes; all types are complex and serious. The three main types of diabetes are type 1, type 2 and gestational diabetes (occurring in pregnancy).

Over 6,000 children aged 0–14 had type 1 diabetes in 2013.

For full information on Type 1 and 2 Diabetes please contact Diabetes Australia.

Before exercising always check with an accredited exercise physiologist.

Why it's important to exercise

Exercise for children with Type 1 and 2 diabetes has so many different benefits, from improving weight control and reducing the risk of cardiovascular disease to increasing self-confidence and general wellbeing.

Know that it is safe and highly recommended for children with Diabetes to exercise. Regular physical activity and exercise is critical to help to stabilise your child's blood sugar levels, reduce obesity associated with poor diet and lack of activity and reduce complications, such as eye, nerve, kidney and heart problems as your child ages.

Things to remember:

- Diabetes should not limit the ability of any child in a chosen sport. Activity should be encouraged.
- Tailor meals and insulin injections appropriately to the type and duration of exercise your child is undertaking.
- Blood glucose monitoring is key. Measurements should be taken before, during and after exercise.
- Monitoring of blood glucose several hours after exercise and before bed is particularly critical to ensure your child does not have a hypoglycaemic state overnight.

Types of exercise recommended:

- General physical activity should be encouraged for at least 40 -60 minutes a day.
- Weight bearing exercises under the guidance of a professional such as an Accredited Exercise Physiologist should be encouraged to help improve the child's overall strength and glucose control and regulation.
- Flexibility is also important, so try and encourage light stretching before and after exercising.

References:

1. Randomised trial of exercise dose in children reduces diabetes risk (as measured by insulin resistance) in both 20-min and 40-min doses, Evidence Based Medicine 2013
2. Exercise in children and adolescents with diabetes, Paediatric Diabetes 2014

Find your local accredited exercise physiologist at www.exerciseright.com.au

