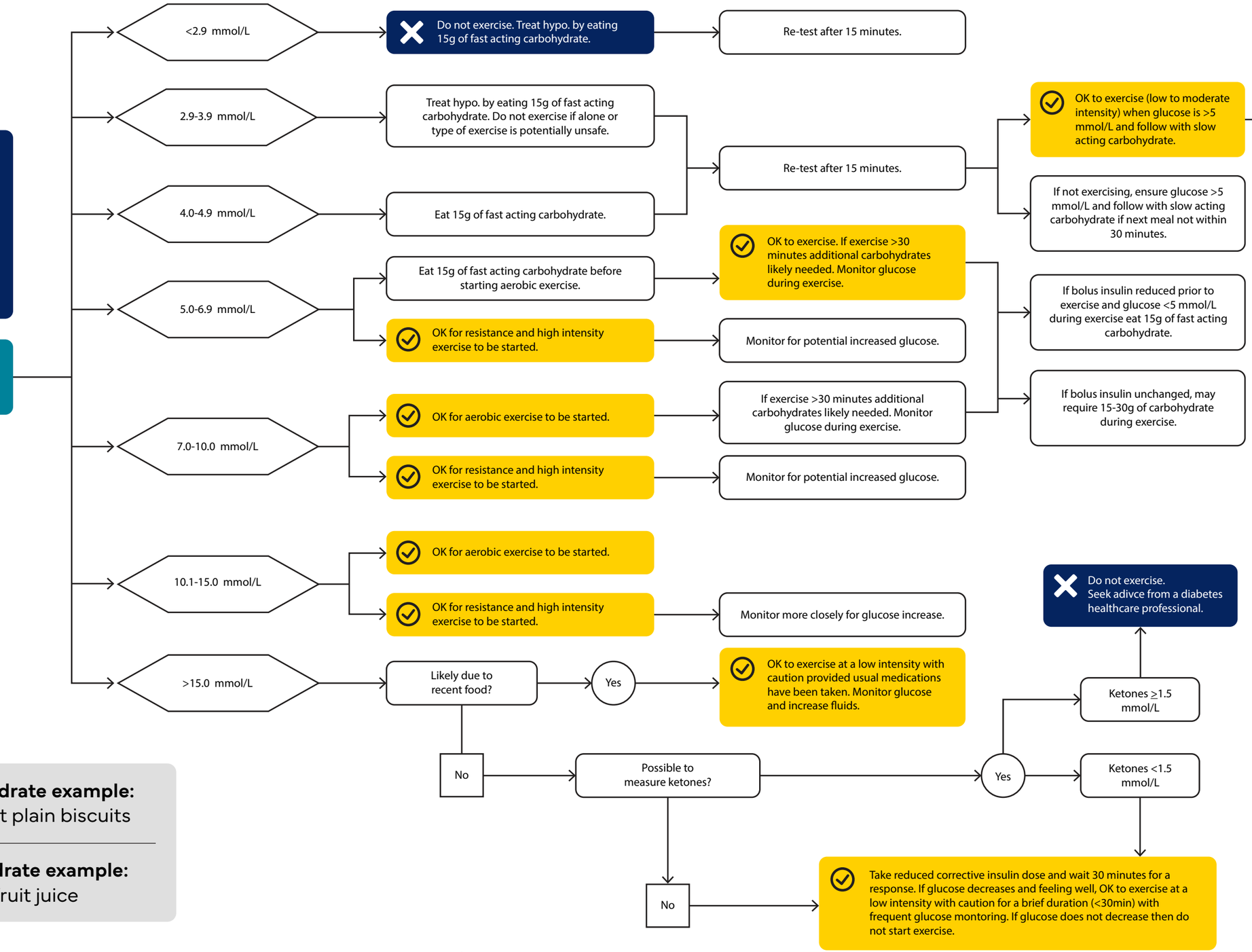
Type 1 Diabetes decision tree

EXERCISE RIGHT

Do not exercise if:

- Had a hypo. within the previous 24 hours that required assistance from another individual to treat the event.
- Feeling unwell.

Glucose level?



Slow acting carbohydrate example:
1 serve (15g) = 2 sweet plain biscuits

Fast acting carbohydrate example:
1 serve (15g) = 150ml fruit juice

Reference: Turner et. al. (2019). Resources to Guide Exercise Specialists Managing Adults with Diabetes. *Sports Med.* doi: 10.1186/s40798-0190-0192-1.