05

GUIDE FIVE
OF FIVE

MAKE EXERCISE WORK FOR YOU

EXTOD

EXTOD Exercise Confidence Guides

This is the last in our series of five guides. Throughout these Exercise Confidence Guides, we've emphasised one message: there is no single 'right' way to exercise with Type 1 diabetes.

Every person responds differently. What works for one may not work for another. The good news? Every session teaches you something new, helping you spot patterns, make small adjustments, and discover what works for you.

This is how confidence grows. This is how exercise gets easier. This is how Type 1 diabetes becomes something you manage, not something that manages you.

Become your own expert

No one knows your diabetes better than you. Healthcare professionals give great advice. Technology gives you data. But only you experience how your body responds to exercise, and the more you experience, the better you get at spotting patterns and making the right calls.

Remember, you don't need to change everything at once. One small adjustment is often all it takes. Confidence doesn't come from getting everything right – it comes from understanding your body a little better each session.

Beyond ICE

You've learned how to Think **ICE** before every session. As your confidence grows, you'll find plenty more that influences your blood glucose. Topics worth exploring:

- Why meal timing can influence exercise and why snacking can sometimes make things more complicated
- Why time of day can affect glucose during exercise – morning exercise vs. later in the day
- Why sleep and recovery count
- Why pizza affects blood glucose in T1s – fat and protein slow digestion, affecting levels hours later
- How exercising every day or every other day keeps insulin sensitivity more stable which may make blood glucose management easier

You don't need to learn it all today. Just stay curious.

Technology can help you learn

Technology is making exercise with Type 1 diabetes easier than ever. CGMs, insulin pumps and smart pens all help you make better-informed decisions.

Apps like Enhance-D bring your glucose, insulin, carbohydrate and exercise data together – helping you see how they interact over time.

Remember: technology is a tool. Your experience is still your greatest teacher.

Taking your exercise further

Find your tribe! Maybe your goal is a regular long walk, your first 5km run, cycling across Britain, or a full marathon. Whatever it is, thousands of people with Type 1 diabetes are already proving it's possible. One of the quickest ways to build confidence? Learn from people already doing what you want to do.

Expert advice

Specialist Sports Clinics – run by expert diabetes doctors and dietitians – are available across the UK for extra support. Check out the EXTOD website or Enhance-D app to find out more.

Core resources

For every active person with T1D

EXTOD – The UK's specialist resource for exercise and Type 1 diabetes.

DigiBete – Comprehensive education for children, young people and families.

DiabetesWise – Independent guidance on diabetes technology and trusted exercise resources.

Enhance-D – A personalised digital app to help you become more active – Strava for T1s!

Together Type 1 – A vibrant UK-wide T1D community for 11 – 25 year olds.

Breakthrough T1D UK – Great for community events (Discovery Days), and peer support.

Stay curious

One of the best habits you can develop is asking yourself one simple question after every exercise session – Why?



Why did my blood glucose stay stable today?



Why did it fall yesterday?



Why did I feel stronger this week?



Why did that strategy work better?

Every answer helps you understand your own diabetes a little better

Remember

You don't have to figure everything out on your own. And every activity brings new opportunities to learn.

Often the best way is to learn from other T1's who are also into the same activity as you. There are fantastic communities of people living with Type 1 diabetes who enjoy a huge range of sports and activities, and who are happy to share what they've learned.

So if you want specific information about a particular sport or activity, the internet is your perfect tool. You just have to search for them and you will find your tribe!

Your EXTOD Guides challenge 5

The 30-Day Challenge. Research shows that repeating a behaviour regularly helps it become a habit. So for the next 30 days, aim to do some form of physical activity every day. It doesn't have to be strenuous – a walk to the shops, cycle, swim or anything that gets you moving counts. Don't worry about perfect blood glucose levels. The goal is simply to build your confidence, one day at a time.

Remember: Write your own exercise story. Everyone's journey is different. Every session teaches you something, so keep moving, keep learning and look for your own patterns – not fixed rules.

There is no perfect way to start, only your way. And the best time to start is today!

Your EXTOD Guides

- ☐ **01** Why should I exercise?
- ☐ **02** How exercise affects my blood glucose
- ☐ **03** How do I start exercising?
- ☐ **04** What is the ICE approach?
- ☐ **05** Make exercise work for you

Scan here to continue your journey

Visit the EXTOD website to explore more resources and continue learning.

extod.org

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Top tips from T1s

"Even if it's raining or you're feeling tired, don't make excuses – just get out there."

"Find people to exercise with. If you can, connect with other T1Ds – it's great for motivation and fun sharing."

"Make one small change at a time and learn from it. Too confusing otherwise."

"Work with your diabetes team and experiment with insulin doses when exercising. Small changes can make a big difference."

"Invest in the best kit you can afford. Feeling well prepared can make you want to get out and exercise more."

"Set yourself goals that excite and motivate you."

Look how far you've come

If you've read all five Exercise Confidence Guides, you've already taken an important step.

You now understand:

- why exercise matters
- how different types of exercise affect blood glucose
- how to think ICE before you begin
- how to build confidence safely
- how to keep learning from every session.

That's a fantastic foundation for a lifetime of being active and feeling free with Type 1 diabetes. Now it's time to put that knowledge into practice.