



My Activity

Physical activity each day is important for everyone. All kids and teens need at least 60 minutes of activity per day for healthy growth. With diabetes there are a few more things to think about and we strongly recommend regular activity for anyone with diabetes!

DAILY GOAL:



Snack Ideas

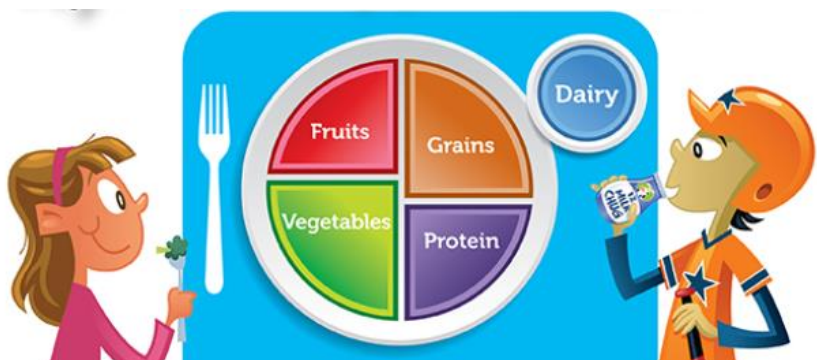
fruit
milk
granola bar
yogurt
cheese & crackers
sandwich
fruit & nuts
sports drinks
your ideas: _____

Be prepared to play!

- ✓ check your sugar level before you start
- ✓ check your sugar level during activity
- ✓ pack snacks
- ✓ pack low blood sugar treatments
- ✓ wear your diabetes ID
- ✓ hydrate
- ✓ talk to your doctor or educator about adjusting your insulin with activity

Take a break for:

- ✓ Low blood sugar
- ✓ Moderate or large ketones





My carb goals with activity

Low-Intensity activity

Gets your body moving a little more than usual <i>Pretty easy, can talk & sing</i> <u>Examples:</u> going for a walk, playing outside, bowling	Sugar level before activity	Carbs to eat before	Carbs to eat during activity
	less than 100	10-15 g	10-15 g for every 60 minutes of activity
	100-200	10-15 g	10-15 g for every 60 minutes of activity
	201 or more	none	10-15 g for every 60 minutes of activity

Medium-Intensity Activity

Gets your body moving more than usual and can be sports <i>Slightly out of breath, can talk but not sing</i> <u>Examples:</u> cycling, jogging, skiing, tennis, walking quickly, hiking, gymnastics, baseball, wrestling, horseback riding	Sugar level before activity	Carbs to eat before	Carbs to eat during activity
	less than 100	15-30 g	15 g for every 30 minutes of activity
	100-200	15 g	15 g for every 30-60 minutes of activity
	201-300	none	15 g for every 30-60 minutes of activity
	301 or more	none	check ketones, delay if moderate-large

High-Intensity Activity

Gets your body moving as much as possible! <i>Can only talk in short phrases</i> <u>Examples:</u> soccer, basketball, volleyball, football, swimming, trampoline, dance, lacrosse, running, hockey, rugby, cheer	Sugar level before activity	Carbs to eat before	Carbs to eat during activity
	less than 100	30-45 g	15 g for every 30 minutes of activity
	100-200	30-45 g	15 g for every 30-60 minutes of activity
	201-300	none	15 g for every 30-60 minutes of activity
	301 or more	none	check ketones, delay if moderate-large

- ✓ Kids weighing less than 100 pounds may need less carbs.
- ✓ Kids weighing more than 100 pounds may need more carbs.
- ✓ Kids generally need 1 cup of water per hour of activity.

