



# CAPTAIN LANTUS

# SPORTS DAY

## A HERO GUIDE

★ PLAY SMART. STAY SAFE. BE A HERO! ★



TIPS, ACTIVITIES  
& FUN CHALLENGES  
**INSIDE!**



MANAGE  
YOUR DIABETES



STAY ACTIVE  
& STRONG



STAY SAFE  
& PREPARED



BE PROUD  
BE A HERO

★ ★ EVERY HERO CAN ACHIEVE THEIR BEST! ★ ★

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# WHY EXERCISE MATTERS!

Being active is amazing for everyone, especially for people with Type 1 Diabetes!

Regular exercise can help you:



Keep your heart healthy



Build strong muscles and bones



Improve your mood and energy



Feel confident and proud!

## ★ EXERCISE IS A SUPERPOWER! ★

It helps your body use insulin better and can help keep your blood glucose more balanced.



**STRONG BODY, STRONG MIND!**



**STAY HYDRATED AND FUEL UP!**



**CHOOSE ACTIVITIES YOU ENJOY!**



**★ HAVE FUN AND BE A HERO! ★**



### TOP TIP:

Always check your blood glucose, take snacks, and follow your diabetes plan when exercising.

**YOU'VE GOT THIS! ♥**



★ ★ BE ACTIVE. BE HEALTHY. BE A HERO EVERY DAY! ★ ★

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# FUEL FOR SPORTS!

Good fuel helps your body perform at its best! ❤️

Eating the right foods and staying hydrated helps keep your energy up and your blood glucose levels steady.



## 🕒 BEFORE EXERCISE

Eat a balanced meal or snack 1–3 hours before.



Oats and fruit



Wholegrain sandwich



Yogurt and fruit



**Top Tip:** Include some carbohydrate for energy!

## 🕒 DURING EXERCISE

For longer activity, you may need a small snack or extra carbs to keep you going.



Banana



Juice



Cereal bar



Don't forget to sip water regularly!

## 🕒 AFTER EXERCISE

Refuel your body to recover and build strength.



Chocolate milk



Rice and chicken



Pasta and vegetables



**Top Tip:** Protein helps your muscles repair and grow!

## SMART SNACKS = HAPPY HEROES!

- ✔ Choose whole foods
- ✔ Include carbs for energy
- ✔ Add protein for strength
- ✔ Stay hydrated
- ✔ Always check your blood glucose before, during and after activity



★ GOOD FUEL + ACTIVE PLAY = A WINNING TEAM! ★

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# CHECK BEFORE EXERCISE!

A quick check helps you stay safe and perform your best! ❤️

## CHECKLIST

- ✓ Check your blood glucose levels
- ✓ Make sure you have your supplies
- ✓ Have fast-acting carbs ready
- ✓ Tell someone your plan
- ✓ Stay hydrated



INSULIN TOWER



★ KNOW YOUR LEVELS – KNOW WHAT TO DO! ★



## TOO LOW

Below 4 mmol/L

- Have a fast-acting carb right away.
- Wait 15 minutes and check again.
- Don't start exercise until it's above 4 mmol/L.



Treat it, then beat it!



## JUST RIGHT

4 – 10 mmol/L

- Great range for exercise!
- Have your carbs and supplies ready.
- Go be a hero!



Ready, set, go!



## TOO HIGH

Above 10 mmol/L

- Check for ketones if told by your diabetes team.
- Drink water.
- It may be best to wait before exercising.
- Follow your sick day plan if needed.



Check, sip, and stay safe!



## TOP TIPS FROM CAPTAIN LANTUS!


- ★ Always carry your diabetes supplies.
- ★ Listen to your body.
- ★ Wear medical ID.
- ★ You know your diabetes best – be your own hero!
- ★ Tell a coach, teacher or friend.



★ CHECK SMART. STAY SAFE. BE A HERO! ❤️ ★

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# DIFFERENT SPORTS, SAME HEROES!

Find an activity you enjoy and have fun! 

Being active can be any type of movement that gets your body moving and your heart pumping!



You can be a hero in every sport you try!



## FOOTBALL

- ✓ Great for your heart and legs.
- ✓ Helps build strength and teamwork.
- ✓ Have fun with friends and stay active!



## SWIMMING

- ✓ Easy on your joints.
- ✓ Builds strong lungs and muscles.
- ✓ Always check your levels before and after.



## RUNNING

- ✓ Improves your stamina and fitness.
- ✓ Helps your heart get stronger.
- ✓ Start slow and build up your speed!



## CYCLING

- ✓ Great for your legs and lungs.
- ✓ Explore new places and have fun!
- ✓ Always wear a helmet and stay safe.



### REMEMBER:

It doesn't matter which sport you choose...

**WHAT MATTERS IS THAT YOU TRY YOUR BEST AND HAVE FUN!** 



**Be active. Be healthy. Be a hero!** 



**EVERY  
MOVE  
COUNTS!**

# TREATING LOWS DURING SPORT

If your levels go low, act fast! ❤️

Lows can happen to anyone when you are active.

It's important to treat them quickly and then re-check your levels.



## ★ 4 SIMPLE STEPS TO TREAT A LOW ★

### 1 SPOT THE SIGNS

You might feel:

- Shaky
- Sweaty
- Dizzy
- Tired
- Grumpy
- Hungry



### 2 TREAT IT FAST

Take 15g of fast-acting carbohydrate.



### 3 WAIT & CHECK

Wait 15 minutes and check your levels again.



### 4 FEEL BETTER?

If your levels are still low, treat again and wait another 15 minutes.



## ★ WHAT CAN I USE? (15g FAST-ACTING CARBS) ★



3-4 glucose tablets

OR



1 gel

OR



150ml (½ cup) of juice

OR



3-4 jelly sweets

OR



1 tablespoon of raisins



**Top Tip:** Always carry fast-acting carbs with you when exercising!

### THEN...

Once your levels are back in range, have a snack with carbs and protein to keep you going!



## YOU'VE GOT THIS, SPORTS HERO!

Listen to your body, treat lows quickly, and keep playing your best! ❤️



★ TREAT FAST. CHECK OFTEN. STAY STRONG! ❤️ ★

# SPORTS HERO CHALLENGE!

Small steps = big victories! 

Complete the challenges below and become a Sports Hero!



## ★ MY SPORTS HERO CHECKLIST ★

I CAN DO THIS!

I'M TRYING!

I DID IT!



I check my blood glucose before exercise.





I bring my diabetes supplies with me.





I have a healthy snack or carbs for energy.





I stay active and do my best!





I treat lows quickly if I need to.





I drink water and stay hydrated.





I have fun and enjoy being active!




### CHALLENGE BONUS!



Every time you complete a challenge, you are one step closer to becoming a true Sports Hero!



### MY GOAL:

This week, I will...

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BE ACTIVE. BE HEALTHY. BE A HERO EVERY DAY! 



# MYTH VS FACT

Let's bust some myths! 



There are lots of myths about exercise and diabetes. Let's set the facts straight!



## THE TRUTH SETS YOU FREE!

-  Move your body.
-  Fuel smart.
-  Check often.
-  Be a hero!



INSULIN TOWER



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### MYTH

People with diabetes shouldn't exercise.



### FACT

Exercise is safe and healthy! It helps your body, heart and mood. Everyone should be active!



2

### MYTH

Exercise always causes lows.



### FACT

Not always! Your levels can go up, down or stay the same. Always check and be prepared.



3

### MYTH

I can't play sports at a high level with diabetes.



### FACT

You can! Many athletes with diabetes play, compete and win. You can be one too!



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### MYTH

I don't need extra snacks if I exercise for a short time.



### FACT

You might! Even short activity can lower your levels. Listen to your body and check often.



5

### MYTH

It's too dangerous to exercise with diabetes.



### FACT

It's safe when you plan ahead, check your levels and use your supplies. Smart planning keeps you safe!



## REMEMBER:

Facts make you strong.

**Knowledge makes you unstoppable!**



## BE A FACT FINDER!

Ask questions.  
Learn more.  
Share the facts!





# MY SPORTS GOAL!

Dream it. Plan it. Achieve it! 

Setting goals helps you stay motivated, build confidence and reach for the stars!

What is your sports goal?



## 1 MY GOAL IS...

I want to... \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## 2 WHY IS IT IMPORTANT TO ME?

This goal is important because...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## 3 HOW WILL I ACHIEVE IT?

The steps I will take are...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## 4 WHO WILL HELP ME?

The people who will support me are...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_




## 5 WHEN WILL I ACHIEVE MY GOAL?

I will achieve my goal by (date): \_\_\_\_\_



★ **I CAN DO IT!** ★

Every step you take brings you closer to your goal.  
Stay active, stay healthy, and believe in yourself! 

**MY PLEDGE:** I promise to do my best, stay active, and take care of myself!

**SIGNED:** \_\_\_\_\_

**DATE:** \_\_\_\_\_



★ **SET YOUR GOALS. TAKE ACTION. BE A SPORTS HERO!** 