

20 by 40

Physical Activity Rule

Hyperglycaemia in Type 1 Diabetes



Glucose level of more than 180 mg/dL



1. Bolus insulin within 4 hours¹
2. Blood ketones <0.6 mmol/L (insulin pump), or <1.5 mmol/L (insulin injections)²



20 minutes of physical activity



Drop ~40 gm/dL³

Education

- Avoid this approach before breakfast
- At the discretion of the person living with diabetes

Safety Profile

- <2% risk of hypoglycaemia
- Very low chance of glucose rising
- Any type of physical activity

1. Pemberton JS, Li Z, et al. [physical activity required to ameliorate hyperglycemia](#) *Diabetes Res Clin Pract.* 2025 Feb 1;220.

2. Moser O, Zaharieva DP et al. [EASD/ISPAD position statement.](#) *Diabetologia.* 2024;1–26.

3. Pemberton JS, Russon CL, et al. *Causal matched-pair analysis.* *Diabet Med.* [In press]