




Physical Activity is a Multi-Potent Therapy




Podcast: Listen or Watch


Everyday Physical Activity




Walking to Shops



Household Chores



Cycling Locally



Playing with Children

Post-Meal Movement

Walking for 10 minutes after eating flattens glucose peaks and speeds insulin action, creating safer, more predictable patterns.

Quick Heuristics

When >10.0 mmol/L or >180 mg/dL

2/20 rule: 20 minutes ≈ -1 mmol/L reduction

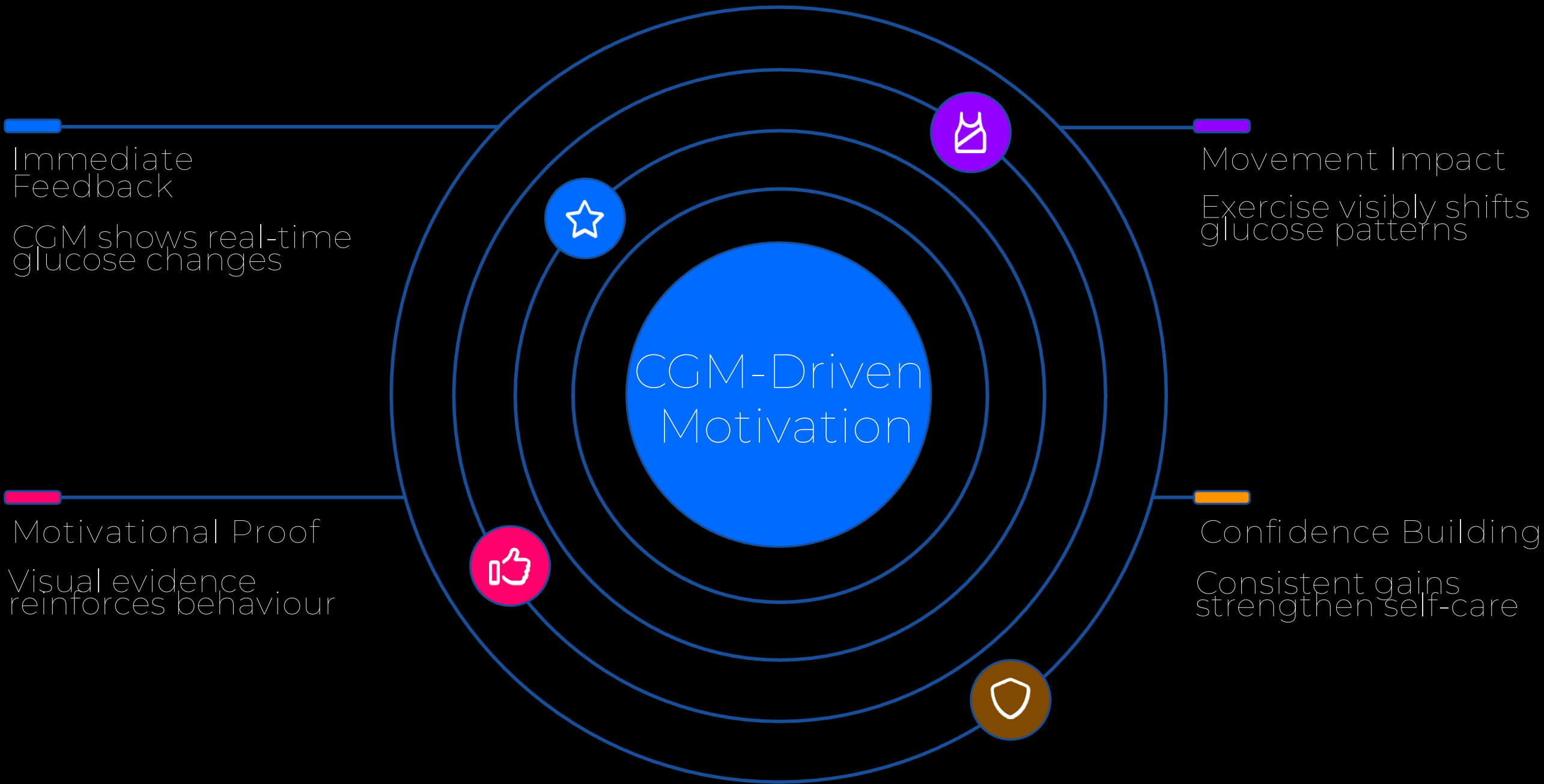
4/40 rule: 20 minutes ≈ -2 mmol/L reduction


Safety First

Check insulin onboard and think if insulin has been given in the last 4hr

If glucose >15 mmol/L or 270 mg/dL, check ketones

Avoid if ketones are present. >1.5 mmol/L





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Beyond Glucose Control

Physical activity serves as **multipotent medicine**, delivering benefits that extend far beyond glucose management. Regular movement creates a positive cascade throughout your body, improving everything from cardiovascular health to sleep quality.



Smoother Glucose Profile

Reduces post-meal spikes and prevents correction stacking, creating more stable patterns throughout the day.



Cardiovascular Protection

Strengthens heart health and improves circulation, crucial for long-term wellbeing with diabetes.



Enhanced Insulin Sensitivity

Increases insulin effectiveness whilst reducing total daily dose requirements.



Mental Wellbeing

Improves mood, reduces stress, and builds confidence in diabetes management abilities.



Better Sleep

Promotes deeper, more restorative sleep patterns for improved recovery and glucose stability.



Long-term Health

Active individuals with Type 1 diabetes maintain vitality and health well into later decades.

1

Start Small

Begin with just 10 minutes after each meal. This simple habit creates 30 minutes of daily activity—exceeding WHO recommendations at 210 minutes weekly.

2

Build Consistency

Focus on repeating the habit rather than intensity. Consistent small actions create lasting transformation in glucose management.

3

Monitor Progress

Use your CGM data to track improvements and celebrate the immediate benefits of your movement choices.



Expert guidance: Prepared by John Pemberton & Prof. Othmar Moser with contributions from leading diabetes specialists. This information supplements, but does not replace, professional medical advice.

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