

Resources for Exercising with T1D

Exercise and Insulin Podcast: <https://thehuddle.simplecast.com/episodes/exercise-and-insulin-manage-highs-lows>

Exercise with Type 1 Diabetes Book: https://www.amazon.com/Exercise-Type-Diabetes-exercise-frustrating-ebook/dp/B0BZM1C5SC/ref=sr_1_1?crid=QXALWCFMQ9ZB&keywords=ginger+viera+diabetes&qid=1701093368&s=books&sprefix=ginger+vie%2Cstripbooks%2C102&sr=1-1

Exercise with T1D ADA Resource: <https://diabetes.org/health-wellness/fitness/exercise-and-type-1>

How different types of exercise affect blood sugar: <https://www.jdrf.org/t1d-resources/living-with-t1d/exercise/exercise-impact/>

Guidelines for Exercising with T1D: <https://www.youtube.com/watch?app=desktop&v=Xk4IL9LdzkU>