**Advances in Exercise, Physical Activity, and Diabetes**

*Zaharieva, D. P., McGaugh, S., Davis, E. A., & Riddell, M. C*

Manuscripts published between July 2018 and June 2020 show that considerable improvements have been made in detecting exercise types and intensities so that smarter algorithms and controllers can make more advanced changes to insulin for active patients living with type 1 diabetes.

Several papers review new ways to make exercise training more effective for diabetes-related outcomes including glycaemic control and body composition.

This article discusses some of the major research publications in the field of exercise and diabetes.