**Effect of combining pre-exercise carbohydrate intake and repeated short sprints on the blood glucose response to moderate-intensity exercise in young individuals with type 1 diabetes**

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Although there are many benefits to exercising, fear of exercise-related hypoglycaemia is a barrier to some young people with type 1 diabetes (T1D) participating in exercise. Eating carbohydrates and adding repeated sprints to moderate-intensity exercise have been shown to reduce the hypoglycaemia risk associated with exercise.

The aim of this study was to determine if eating carbohydrates before exercise to maintain stable glucose levels during moderate-intensity exercise would result in excessive hyperglycaemia,if it was combined with repeated sprints in individuals with T1D.

The study findings revealed that eating carbohydrates before and adding repeated sprints to moderate-intensity exercise was not detrimental to glycaemic management in young people with T1D after an overnight fast and under basal insulin conditions.