**Exercise Management for Young People with Type 1 Diabetes: A Structured Approach to the Exercise Consultation**

*Chetty, T., Shetty, V., Fournier, P. A., Adolfsson, P., Jones, T. W., & Davis, E. A.*

Diabetes should not prevent individuals from achieving their exercise goals whether they be occasional fun activities or at a more high-performance level.

It can be challenging for health care practitioners to advise young people with T1D how to approach exercise safely. Factors that influence an individual's glycemic response to exercise such as exercise related factors (such as type, intensity and duration of the activity) and person specific factors (amount of insulin on board, person's stress/anxiety and fitness levels) need to be taken into consideration. As such, clinical guidelines on exercise and T1D have been developed to provide thorough evidence-based recommendations.

This paper aims to provide healthcare professionals with a structured approach to exercise consultations which has been developed from these evidence-based recommendations. The framework of questions, tools and management strategies, combined with information from individual blood glucose monitoring systems can be used by clinicians to work together with patients and their families to achieve their exercise goals.