



# Tips&Tricks from Super D heroes

From theory to experience  
by athletes living with diabetes

Sports  
Diabetes



Hi, I'm Super D - an athlete living with diabetes.

These are some tips&tricks gathered from the experience of my 'diabuddies' to give ideas how to manage your diabetes while doing sport.

Read them through, and if you want to share your tips&tricks, write to us on project website, [sportsanddiabetes.eu](http://sportsanddiabetes.eu).



[www.sportsanddiabetes.eu](http://www.sportsanddiabetes.eu)



# TIPS&TRICKS TOPICS

**1** HYPO MANAGEMENT

**2** HYPER MANAGEMENT

**3** COMPETITIONS

**4** DAYS OFF & NUTRITION

**5** EMOTIONS

# HYPO MANAGEMENT

Before training, if my BG is 'normal', I give myself less bolus to prevent hypo during training.

I always eat slow carbs to prevent hyper and hypo, because that kind of food to prevent sudden rises and drops of my BG.

I eat something sweet before training, I mostly like to eat "Kinder Pingui".

After the evening training, I usually take peanut butter, which prevents me going to hypo.

When in hypo, you want to eat "everything" - eat a small amount and control yourself. Also, take some time to check your BG again.

My BG reacts better when eating dates than dextrose, and they are so tasty.

Even if I have 'good' BG, I eat some carbs to prevent hypo during training.

I always take dextrose or glucose tabs instead of chocolate. Chocolate rises my BG very slowly.

During practice, I drink small sips of electrolyte drink to stay hydrated and prevent hypo.

# HYPER MANAGEMENT

If my BG is too high during the training, I wait for it to go down a little, and then continue my training.

For me, there are some benefits when sugar levels are between approximately 6 and 9 mmol/l or 105 and 160 mg/dl.

I try for my BG not to be below 10 mmol/l or 180 mg/dl if intend to do aerobic exercises or play football.

As I usually tend to go hypo during training, I reduce the dose of insulin before training.

Drink more water!

When I go to the gym, I want my BG to be lower (around 4-5 mmol/l or 70-90 mg/dl), because my BG usually goes high in the gym.

I use insulin pump in the gym and increase my basal dose (130 - 160%) or I give some bolus dose prior to or during the training.

If I can, I go for a walk and take a small correction dose.

## COMPETITIONS

Consider that (depending on the type of competition) might have to take a low bolus dose before playing the match to prevent hyper.

Usually, I eat something fatty to prevent going to hypo during competition.

For example, something fatty (slow-acting carbs), such as chocolate, peanut butter or some nuts.

Sometimes I take less insulin before going to tournament.

I eat less carbs to have stable BGs. For me that's easier to handle during competitions.

I love to eat banana – it's a food that gives a lot of energy.

Some participants prefer to go into competition with higher sugar – between 10 and 12 mmol/l or 180 and 220 mg/dl.

## DAYS OFF & NUTRITION

Even on a day off, I try to do some light exercise, like walking.

“When it’s enough, it’s enough!”

When I don’t have sport activities, I give myself more long-acting insulin because of the possibility of going to hyper.

The day after training, I have to give less bolus insulin because there is a possibility of going to hypo.

It’s ok to eat everything because it keeps insulin busy and huge BG variations are less likely to happen, but only (!!!) if you take the right amount of insulin.

When I eat fatty foods, I give myself 60% of the bolus insulin right away, and then 40% one to two hours later.

## EMOTIONS

If your BG is not 'ideal', don't get frustrated – take the required steps for hypo or hyper.

There are good days and bad days. It's ok for you to cry or feel sad in general. Don't give up and you'll be fine.

Emotions are your guide – you need to listen to them, but not depend on them!

I go to the gym or play the guitar to calm myself down.

I feel angry when my BG is high. My solution? I go to my room to be alone.





That's it for now. Follow  
[@sportsanddiabetes.eu](https://www.instagram.com/sportsanddiabetes.eu)  
for more content and  
information about the topic  
of sports and diabetes.



[@sportsanddiabetes.eu](https://www.instagram.com/sportsanddiabetes.eu)