

Love food and live healthy (B-SPORT+)

1. EXPLANATION OF THE ACTIVITY

The program aims to create an online environment that supports people with type 1 diabetes to be physically active and healthy in their day-to-day life. A multidisciplinary equip consisting of health and sports professionals (i.e., diabetologists, nutritionists, psychologists, nurses, sports doctors, athletic trainers, etc.) identified among the main stakeholders in Italy will create a series of online videos and interactive tools using a truly person-centred approach. Four specific topics will be primarily discussed:

- Eating with diabetes: healthy balanced diet, healthy eating habits, cooking tips, meal plans, drinks and diabetes, carbohydrate count, etc.;
- Sport and diabetes: informing about hypo and how to spot its related warning sign, best types of exercise, how to keep active at home, at work, or simply while sitting down, etc.;

FIVE WAYS TO MOVE MORE WHILE SITTING DOWN

Before you start, make sure you are sitting as upright as possible, with your feet on the ground or a hard surface.

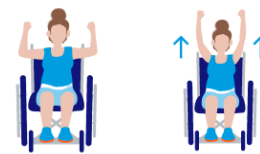
Repeat each activity for **one minute**

Chair twists



1. Slowly turn your upper body to the right while keeping your hips facing forwards.
2. Count to five and then return to the middle so you are facing forwards.
3. Repeat, but now turn to the left.

Upward punches



1. Put your arms out to your sides with your elbows bent and knuckles pointing up to the ceiling. Your thumbs should face each other.
2. Slowly punch upwards and then bring your arms back to the starting position.

Arm curls



1. Start with your arms hanging naturally. Keep your elbows by your sides and raise your right hand towards your right shoulder.
2. Bring your right arm back down and repeat with your left arm.

Knee lifts



1. Lift your right knee off the ground and then place it back on the floor.
2. Repeat with your left knee.

Marching



1. Continue with the knee lifts, but this time introduce alternate arm curls each time. This means your right leg should lift at the same time your left arm bends.

Figure 2 Examples of physical activities while sitting down. Retrieved from Diabetes UK.

ACTIVITY JOURNAL

Take some time each week to record your journey and keep track of your successes for the next 10 weeks. This will help to keep you motivated to move a little bit more each day.



	Movements I'd like to try this week For example: "I'm going for a walk in the park".	What might get in the way? For example: "I might lack motivation".		How will I overcome what might get in the way? For example: "I'm going to ask someone I know to join me".	Movements I did For example: "I walked for 30 minutes in the morning".	How did I feel afterwards? For example: "I'm proud I managed to go for a walk".
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						

Figure 3 Example of activity journal for people with diabetes to track their progress while introducing movement in their life. Retrieved from [Diabetes UK](#).

- Emotional well-being: coping with being diagnosed, feelings about food, talk about the diabetes condition, stress, depression, diabetes distress and burnout, hypo anxiety, eating disorders and diabetes;
- Diabetes technology: what is diabetes technology and how it can improve diabetes self-care, how to access diabetes technology, how to manage emotions about using diabetes technology,