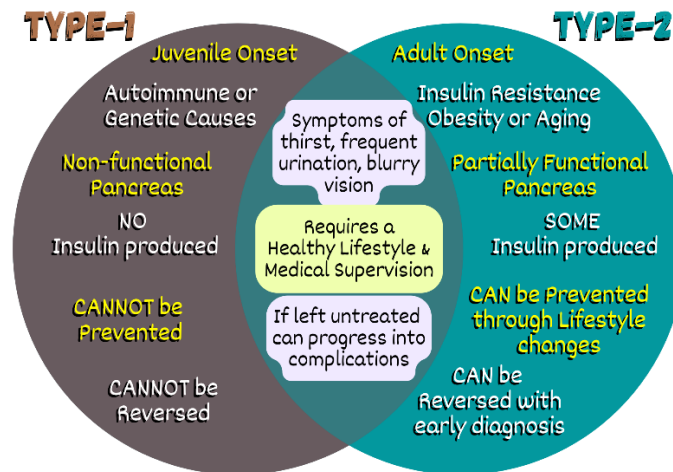


## Special Users – Diabetic

Sean Stephens – D00211442

The special user type that I will investigate in this document is that of a diabetic. This is an issue that hits home as my father is diabetic and so I know the importance that tracking blood sugar levels and intake holds in the life of a diabetic.



### Relevance to Training Guru

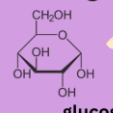
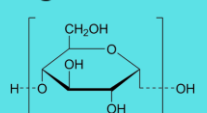

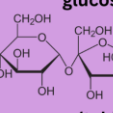
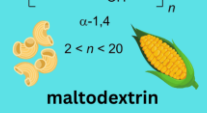
As our application tracks a client's intake, the case of a diabetic holds a lot of weight. Diabetics most important macro is Carbohydrates.

Carbohydrates affect the blood sugar level of a person. A diabetic's blood sugar level is of upmost importance and so should be managed with great precaution. If a trainer was to forget to watch a diabetic clients carbohydrate intake, there could be some severe adverse effects.

Another factor with Diabetics would be the need for their blood sugar levels to be high before entering into any form of exercise. This is due to the individuals blood sugar levels lowering, caused by sweating.

### Examples of Carbohydrates

Carbohydrates are organic molecules containing carbon, hydrogen, and oxygen.

Sugars	Oligosaccharides	Polysaccharides
 glucose	 maltodextrin	 glycogen
 sucrose (table sugar)	 cellulose	

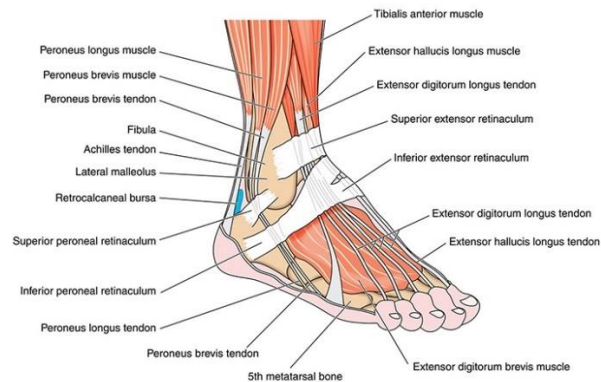
sciencenotes.org

### Injuries

Another affect of diabetes is slowing of recovery from injuries such as cuts and bruises. As such a Trainer should attempt to keep workouts simple and easy to follow to avoid any mishaps.

The final point that I will make is that diabetes targets the smallest blood vessels in a person's body, namely their Eyes and their Feet. With our application we need not worry about a person's eyes, however, a trainer may be cautious when giving workouts or exercises where the clients feet are too heavily in danger.

## FOOT INJURIES



## Recommendations

As a result of the above it is recommended that Personal Trainers do not use Training Guru to manage a diabetic clients' intake without the correct qualifications or after a consultation with the clients GP.

We would also recommend that the Personal Trainer avoid programming a Diabetic client with exercises such as deadlifts, where injuries could very easily occur to the clients' feet and lower leg area. There are many alternatives to deadlifts to choose from, so the Trainers service should not be affected by this recommendation.

