







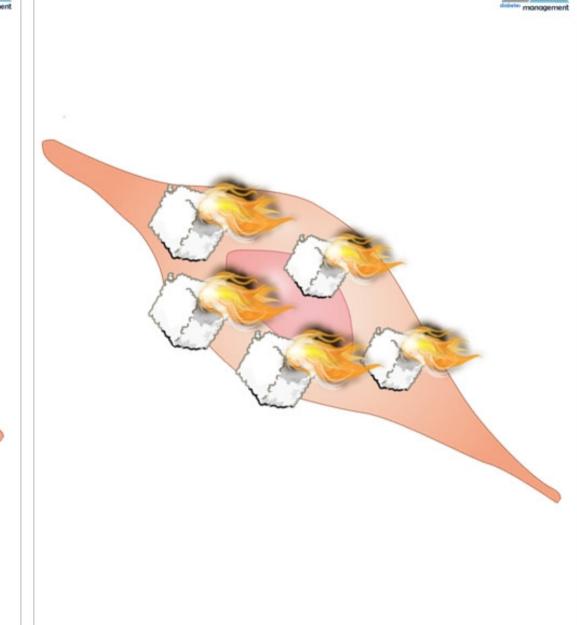






## Cards-Stored sugar & exercise











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## Cards-Stored sugar & exercise













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### **Health Professional Facilitator Information**

You must use your own professional judgement when using this resource **Purpose of resource:** 

These stories were originally developed for Queensland Health CDRO project. This modified version includes yarn cards.

2 analogies are used for insulin keys and men. The men analogy is included to show how you can use other analogies provided you are consistent. The key analogy has been adopted for all the other CDRO resources.

### **Related resources**

There are story posters & cards for the following :

- 1. Blood pipes
- 2. Sugar
- 3. Insulin keys
- 4. Insulin **men**
- 5. Sugar levels
- 6. Stored sugar & exercise
- 7. Type 1 keys
- 8. Type 2 –keys
- 9. Type 2 –men
- 10. Glycagon
- 11. Sugar control (complications) –Type 1
- 12. Sugar control (complications) Type 2
- 13. Insulin & glycagon

### Notes:

### The resource can be printed A3 or A4 size and then laminated.

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