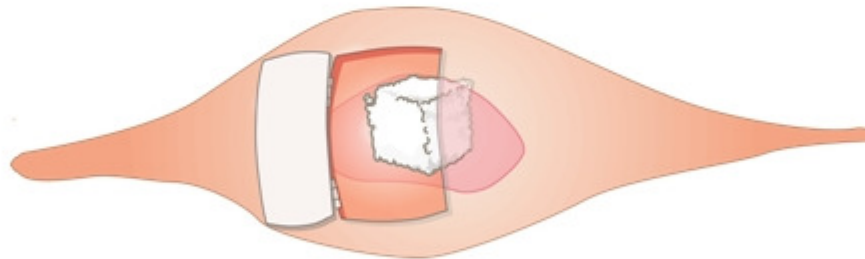
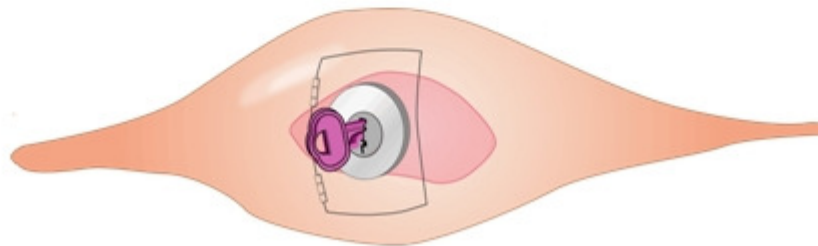
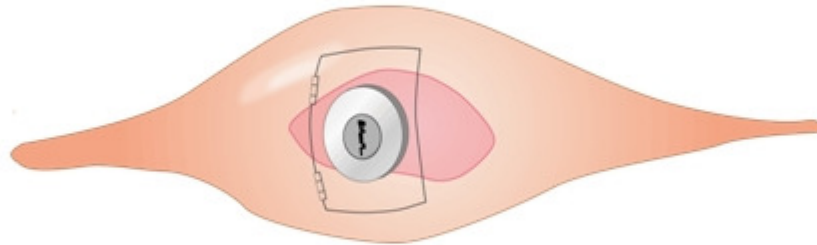


Sugar in your cells

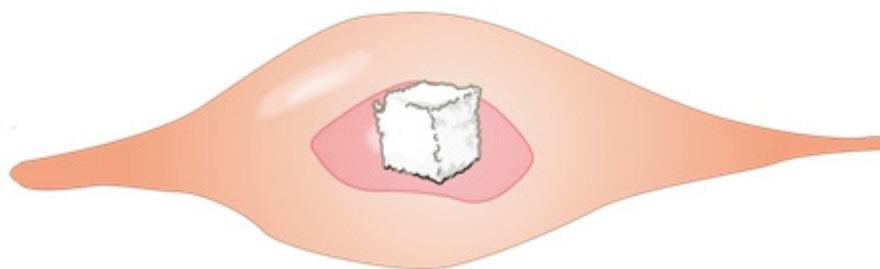
The insulin helped the sugar get into your muscle cell



insulin

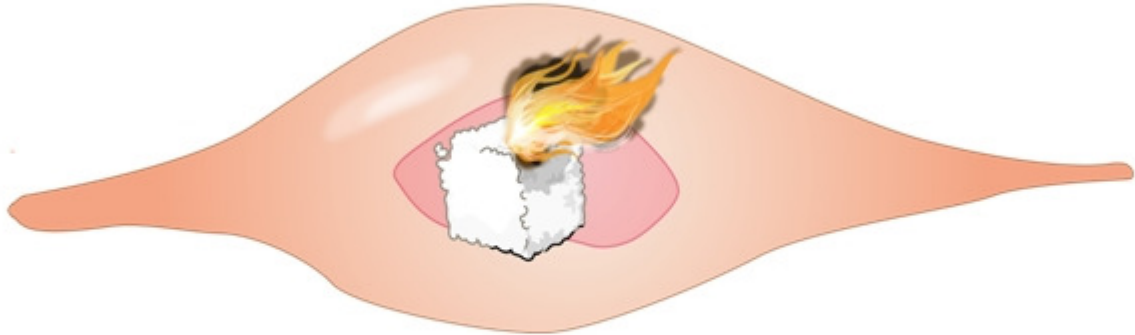


The sugar is kept in the cell until it is needed

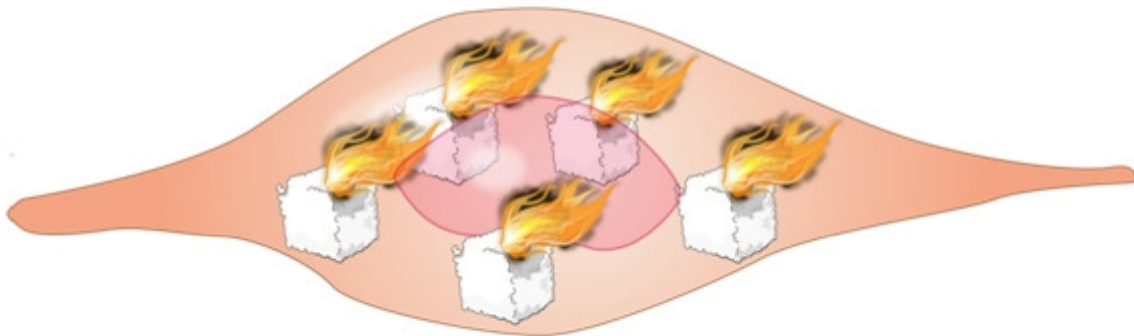


Diabetes Stored Sugar & exercise

Your cell needs the sugar to keep it working.
It burns the sugar to make energy



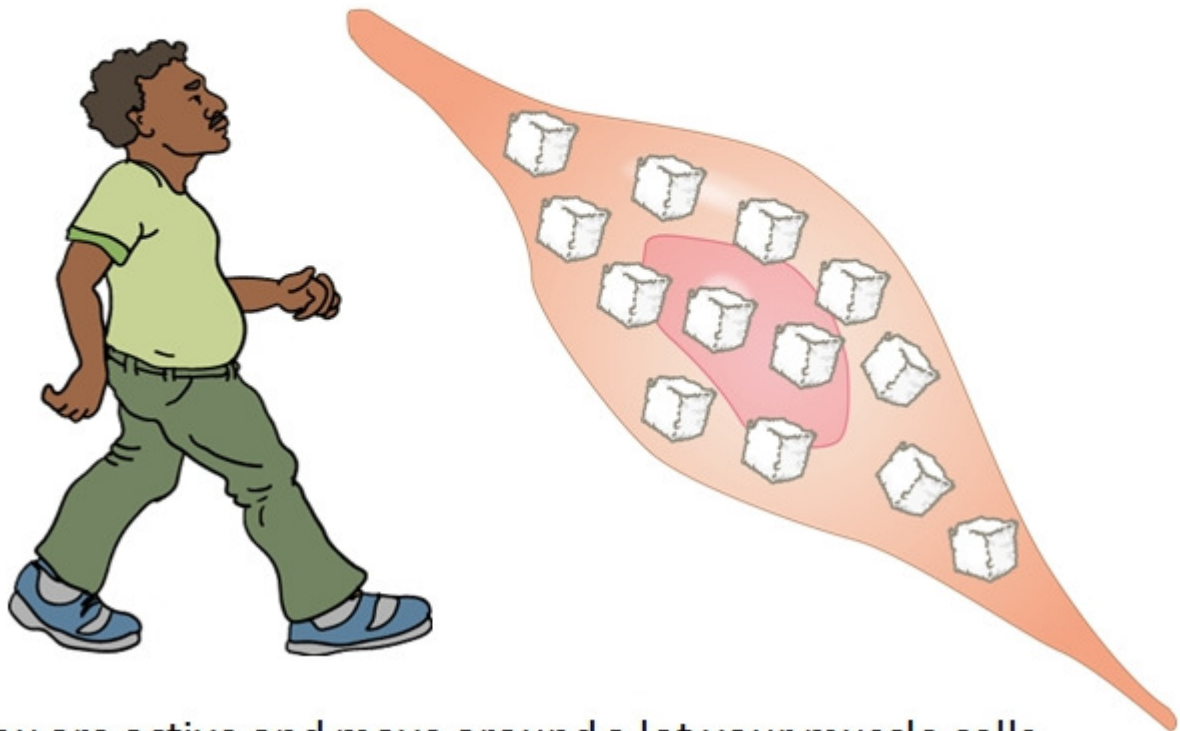
When you move around your muscle cell works harder and
uses more sugar



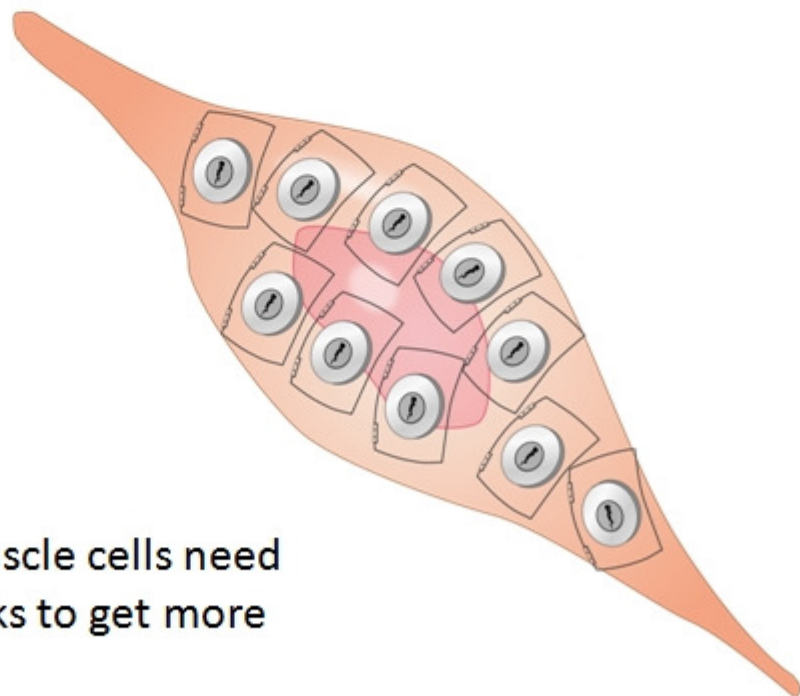
The more you move the more sugar is used up



Exercise makes more doors and locks



If you are active and move around a lot your muscle cells will need to store more sugar



This means your muscle cells need more doors and locks to get more sugar inside

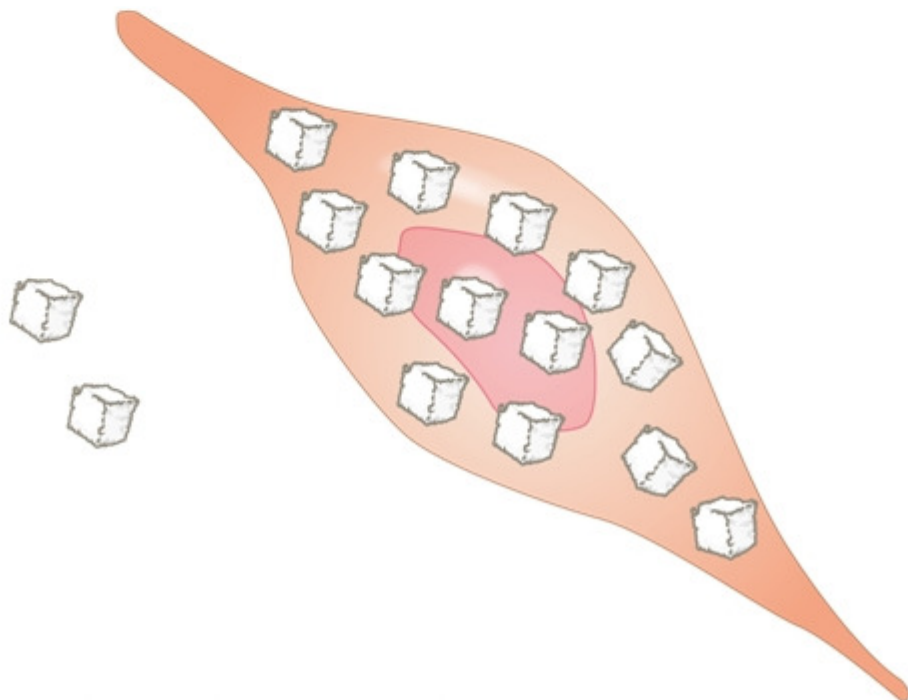
Your body knows you need more doors and locks so it makes more

Diabetes Stored Sugar & exercise

If you exercise and are active you will have lots of doors and locks in your muscle cells



This means you will be able to have more sugar in your muscle cells and less in your blood



Exercise and being active is good for your diabetes.

There is no need to print the following page when printing and using this resource

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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