

No insulin – routines, sugar & exercise for young people

Examples of Changes you may find appropriate:

Tell the client they will need to be organised, be active and eat right:

- Have a routine and be organised.
- Make sure you take your medication as your doctor tells you.
- Give up sweet drinks and biscuits. (This includes diet drinks.)
- Just drink tap water, light milk, tea and coffee with no added sugar.
- Watch the food you eat.
- Make exercise part of your routine.

Follow the Australian exercise guidelines:

Toddlers & pre-schoolers (1 to 5 year)

- 3 hours minimum spread throughout the day.
- 1-2 years no screen time.
- 3-5 years screen time 1 hour maximum.

Children (6 to 12 years)

- 60 minutes minimum every day. This should include, walking and running with some hard (vigorous) exercise.
- 3 days a week your exercise should include pushing, pulling and lifting.
- It is best to do more than the 1 hour each day.
- Screen time 2 hours maximum.

Young people (13 to 17 years)

- 60 minutes minimum every day. This should include, walking and running with some hard (vigorous) exercise.
- 3 days a week your exercise should include pushing, pulling and lifting.
- It is best to do more than the 1 hour each day.
- Screen time 2 hours maximum.

Examples of Goals the client may find appropriate:

- Find ways to plan your food to fit in with your insulin medicine.
- Find ways to plan your food so you can exercise.
- Decide how to make time so you can stay well.
- Find time to relax and do fun things.
- Make sure you have a good night's sleep

Name:	Date:
Patient's Plan – Goals or tasks	Achievement

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