

## **Diabetes and Exercise – Yes, You Can!**

**A free public event delivering practical advice, information through inspirational talks around physical activity and diet for people living with diabetes.**

**When:** Saturday 23<sup>rd</sup> June 2018

**Time:** 9.30am until 3.00pm

**Where:** Lecture Theatre B004, Engineering Central, Bay Campus, Swansea University, SA1 8EN.

Time	Topic	
09.30-10.15	Registration/ Coffee	
	<i>Chairs:</i>	
10.15 – 10.25	Welcome and Opening  Diabetes Research Unit Cymru & Diabetes UK Cymru	
10.30- 10.50	Exercising with diabetes: Patient's perspectives	
10.55-11.15	Physical activity initiatives in Wales	
11.20-11.50	Fuelling the Movement: Good Nutrition around exercise	
11.55-12.25	Maintaining motivation to regularly exercise	
12.30-13.10	<b>Lunch Break</b>	
<i>13.15-14.20</i>	<i>Type 1 Diabetes track</i>	<i>Pre-Diabetes or Type 2 diabetes track</i>
13.15-13.35	Glucose management for aerobic exercise	Encouraging Physical Activity: A GPs perspective:
13.40-14.00	Glucose management for Games/Interval exercise	Diabetes medications and exercise:
14.05-14.25	Glucose management for strength exercise	Dealing with diabetes complications and exercise
14.30-14.50	What Diabetes UK and Diabetes Research Unit Cymru can do to help? Resources, Advice, Research Opportunities  Diabetes Research Unit Cymru & Diabetes UK Cymru	
14:50- 15:00	Close	