Exercise SAFELY with Diabetes!

A new educational program to help children with diabetes confidently engage in physical activity without hypoglycemia

A fun, animated, interactive educational program for children with type 1 diabetes to increase their understanding of how to prevent and treat hypoglycemia before, during and after exercising and playing sports. Meet Hypoglycemia Monster, Glucagon Girl, Coach and WaterBoy who lead learners:

- through sports examples and interactive questioning to test their knowledge
- identify their current practices and examine evidence-based alternatives
- develop their own personal Action Plan that can be printed and used in discussions with healthcare providers, family, and caregivers.

This program was developed by the Slam Dunk for Diabetes faculty and national education and medical experts with the generous support of an educational grant from Novo Nordisk. Healthcare Professionals can use the program in 3 ways:

- Kids or family can complete individually by logging into the interactive web-based program anytime at slamdunk.peptools.com.

- Educators can use the interactive web-based program in group settings accessing each of the 15 chapters in a stop and go format. slamdunk.peptools.com.

- Healthcare organizations can download a linear full 30 minute video for continuous run in waiting rooms or inpatient settings at slamdunk.peptools.com/download.

For more information contact:
Christine@pepeducation.net