ROLE OF PHYSICAL ACTIVITY IN TREATMENT OF CHILDREN WITH TYPE 1 DIABETES MELLITUS

A. Żebrowska¹, M. Plewa²

¹Faculty of Physical Education, ²Faculty of Physiotherapy, The Jerzy Kukuczka Academy of Physical Education, Katowice, Poland

Insulin therapy, dietary management and physical activity constitute essential elements in blood glucose regulation for individuals with type 1 diabetes (T1D). Children with T1D obtain similar health benefits from physical exercise as adults, however due to spontaneity of their physical activity, some changes observed in their adaptation to exercise should be considered. The results showed that children with T1D appeared to spend less time in physical activity than their non-diabetic peers. Regular physical activity was associated with better metabolic control, cardiovascular functions and its benefits include improvement of insulin sensitivity, decrease of fat mass, normalization of lipid profile, regulation of blood pressure and improvement of physical capacity.

Key words: type 1 diabetes, children, and physical activity