

Eating & Exercise

What are you doing?

Exercising.

I can see that. But why?

I'm playing with my friend Sierra today - and we're going after The Key!

What key?

Well, Sierra knows she has to get lots of exercise and eat well to keep her diabetes under control, so she made a game of it, called "The Key to Mount D." Let me show you.

Alright, monkey. We're about to embark on a daring adventure, wrought with obstacles galore. Today, we hunt for the KEY OF MOUNT D!

The "Key" is insulin. To get the key, Sierra says you have to exercise - and that means to move, move, move!

Exercise helps her body use insulin.

Sierra knows she uses a special sugar, called "glucose" as a fuel to power all the cells of her body. She knows the cells have these little doorways in them that the glucose must use, but glucose can't get in without a special key. And that key is insulin.

And exercise like running and swimming and all kinds of sports helps insulin open those cell doors. But exercise is only half the battle.

The other thing Sierra keeps an eye on is the food she eats.

More help to get the Key - apples, bananas, oranges, edamame, fish. High protein, good fats, low sugar. Mom packs a good lunch.

Monkey! That's for the Key!

Kids need to know how foods affect their diabetes. You sometimes might need to check your blood sugar both before and after a meal. Sierra knows what foods to eat in order to get the Key...

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So for Sierra to get the Key - to keep the little insulin keys in her body working to let glucose into her cells - she gets plenty of exercise and eats good, healthy foods.

She also knows it helps to keep your glucose balanced when you eat smaller meals often rather than just a few big meals.

Very good!

I think I'm ready to go play!
But you don't have diabetes. What're you gonna do?

Well, she said I could be the monkey.

Ah, that's just about perfect.