

JDRF PEAK PROGRAM FOR T1D PATIENTS AND CAREGIVERS



Saturday, April 22, 2017

AGENDA

Time	Topic	Location
9:00 – 9:10 AM	Welcome and Introductions Bill Parsons	Classroom #2
9:10 – 9:55 AM	Diabetes and Physical Activity: Top 5 Tips for a Smooooooth Ride Pietro Galassetti	Classroom #2
9:55 - 10:10 AM	Break	
10:10 - 11:10 AM	Breakout sessions	
	Getting Into the Game – Pietro Galassetti	A302
	Ramping Up Your Game – Inigo San Millan	Classroom #2
11:10 - 11:20 AM	Break / Rotate back to main room	
11:20 - 12:05 PM	Fueling for the Game Inigo San Millan	Classroom #2
12:05 - 12:30 PM	Q&A and Panel discussion	Classroom #2
12:30 PM	Meeting close	Classroom #2

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PROGRAM DESCRIPTIONS

T1D Patient and Caregivers Core Curriculum

Diabetes and Physical Activity – Top 5 Tips for a Smooooooth Ride (Duration: 45 minutes)

This session will outline five of the most common and relevant concepts and challenges that people with T1D face when it comes to exercise and blood-glucose management. After completing the session, participants will understand the benefits of exercise and have a better grasp of how to tailor an exercise and insulin regimen for their individual needs.

Fueling for the Game (Duration: 45 minutes)

This session will provide participants with the foundations of nutrition to assist with managing T1D while exercising. Additionally, the session aims to have participants understand how proper diet management can solve several common problems related to T1D and exercise.

T1D Patients and Caregivers Breakout Sessions

Getting Into the Game (Duration: 60 minutes)

This session is targeted towards individuals with T1D who are starting to exercise, beginning basic training or interested in weight loss. After completing this session, participants will understand the insulin and diet considerations needed when participating in various exercise types and at different intensities. This session will be driven by group activities and case studies.

Ramping Up Your Game (Duration: 60 minutes)

This session is targeted towards competitive athletes with T1D. It will review how these athletes can optimize their performance through diet, blood-glucose control and weight management. This session will involve advanced case studies and require audience participation.