

An illustration of a young girl with brown hair in a bun, wearing a green leotard over a white long-sleeved shirt with black polka dots. She is performing a backflip in a gymnasium, with her arms outstretched and a pink ball above her head. A trail of yellow musical notes follows her path. In the background, two other girls in similar outfits stand on the left, and a large crowd of spectators fills the bleachers. The title 'Amalia' is written in a large, teal, cursive font, and 'and her first tournament' is in a smaller, black, sans-serif font below it.

# Amalia

and her first tournament



Fundación Diabetes  
Juvenil de Chile

2018 - First Edition  
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# Amalia

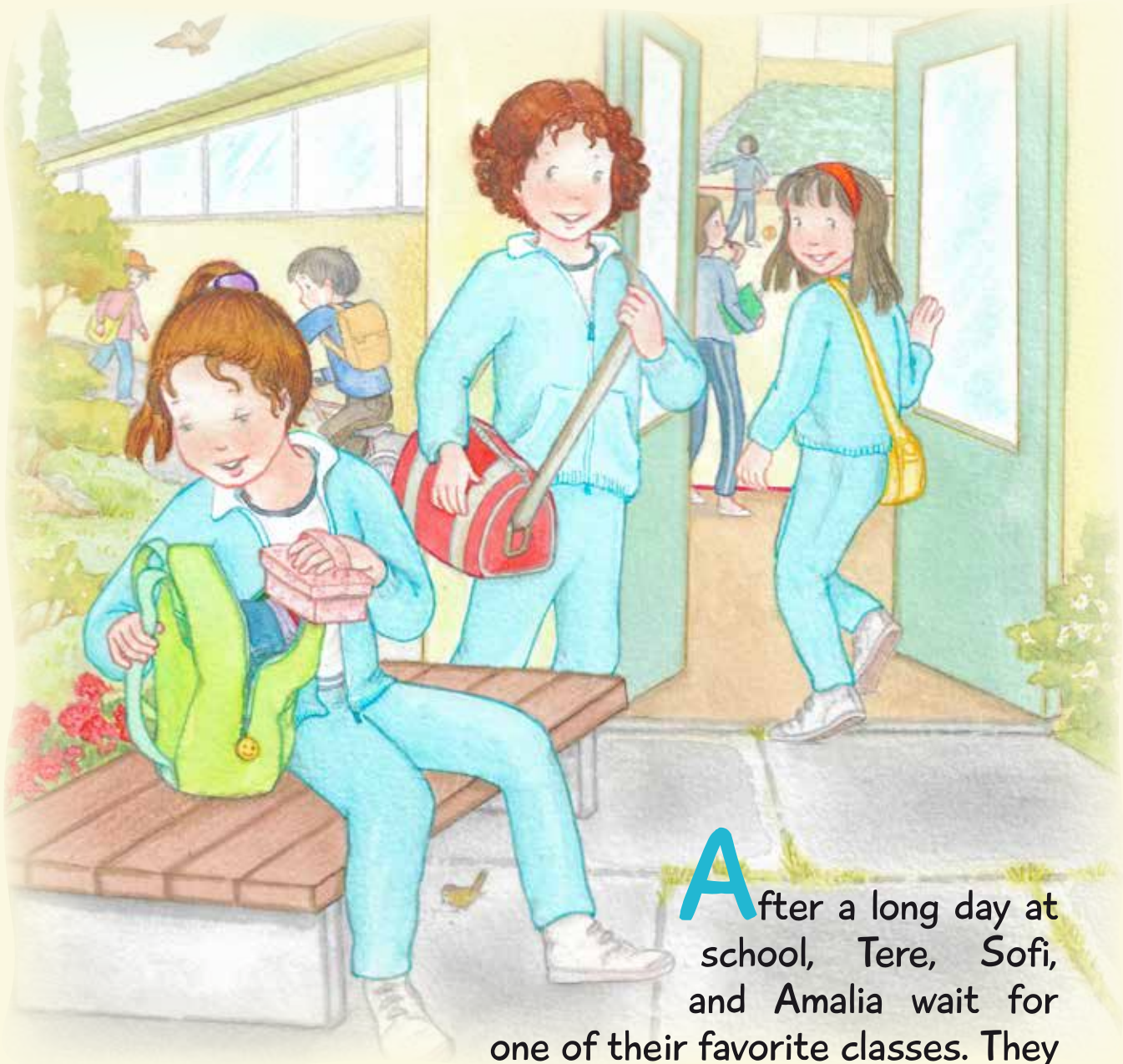
and her first tournament



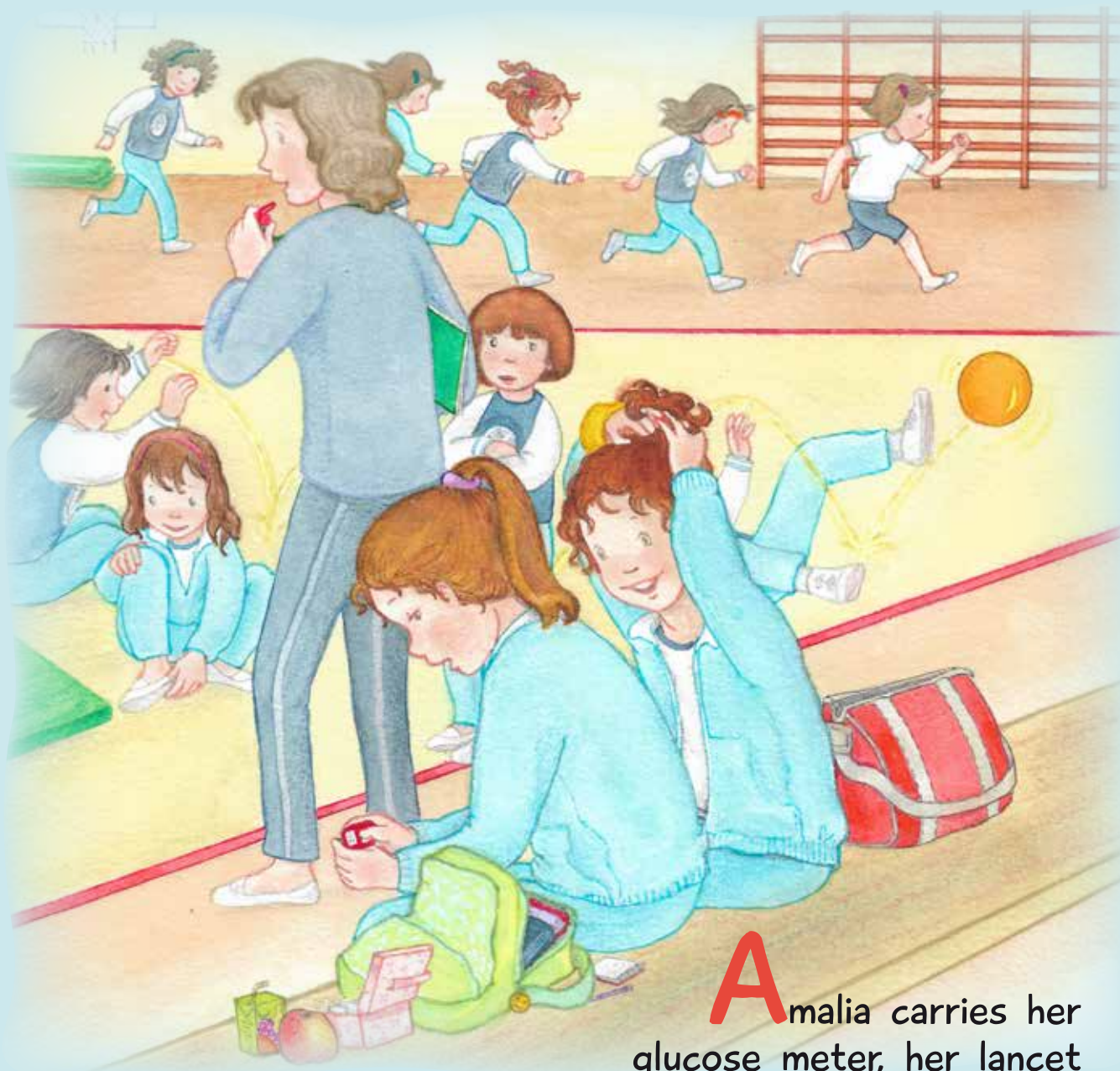
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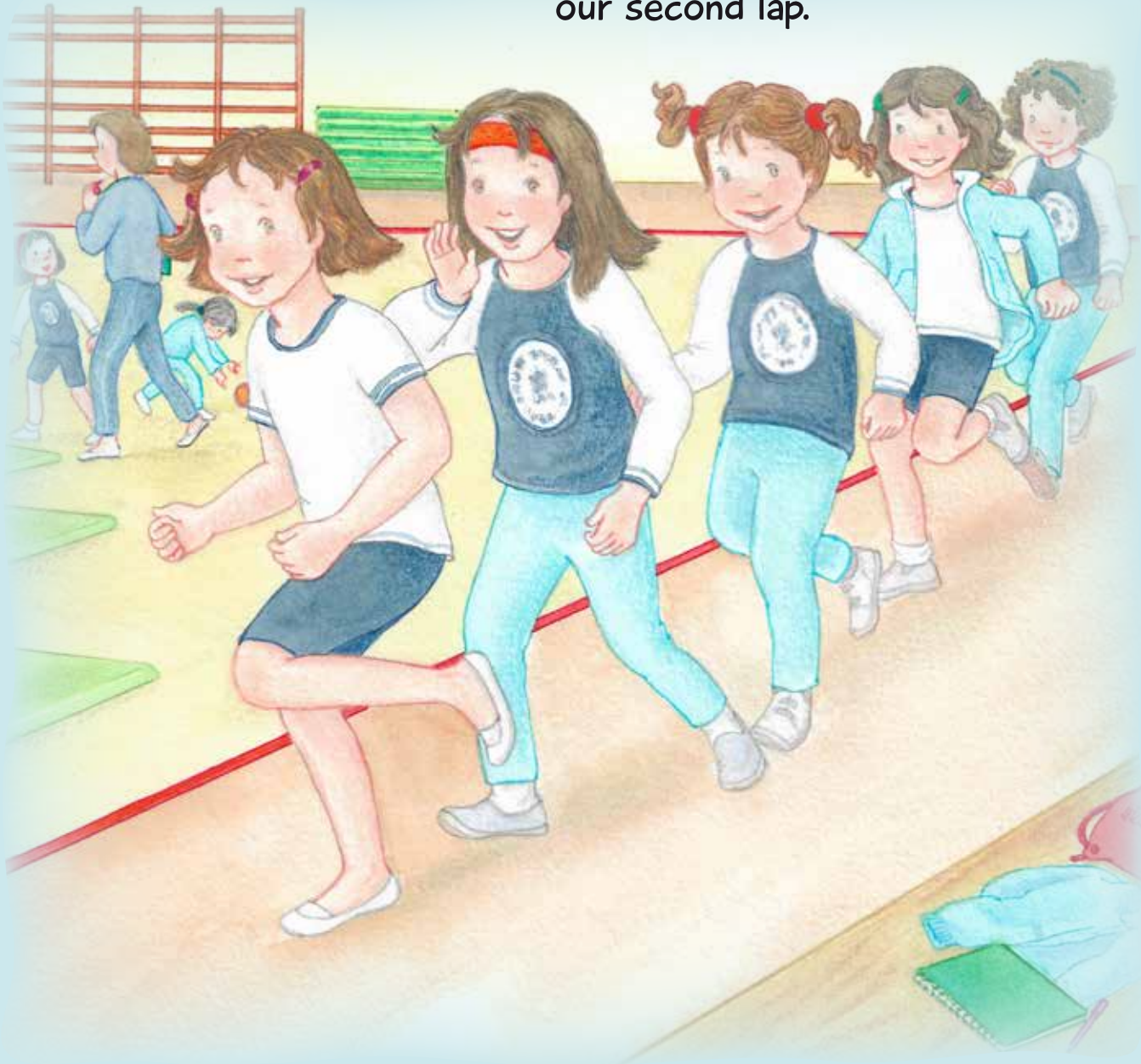
**A**fter a long day at school, Tere, Sofi, and Amalia wait for one of their favorite classes. They love rhythmic gymnastics!



**A**malia carries her glucose meter, her lancing device, along with a juice with sugar and an apple. Before warming up, she tests her blood sugar and discovers that she is ready to have a great time.



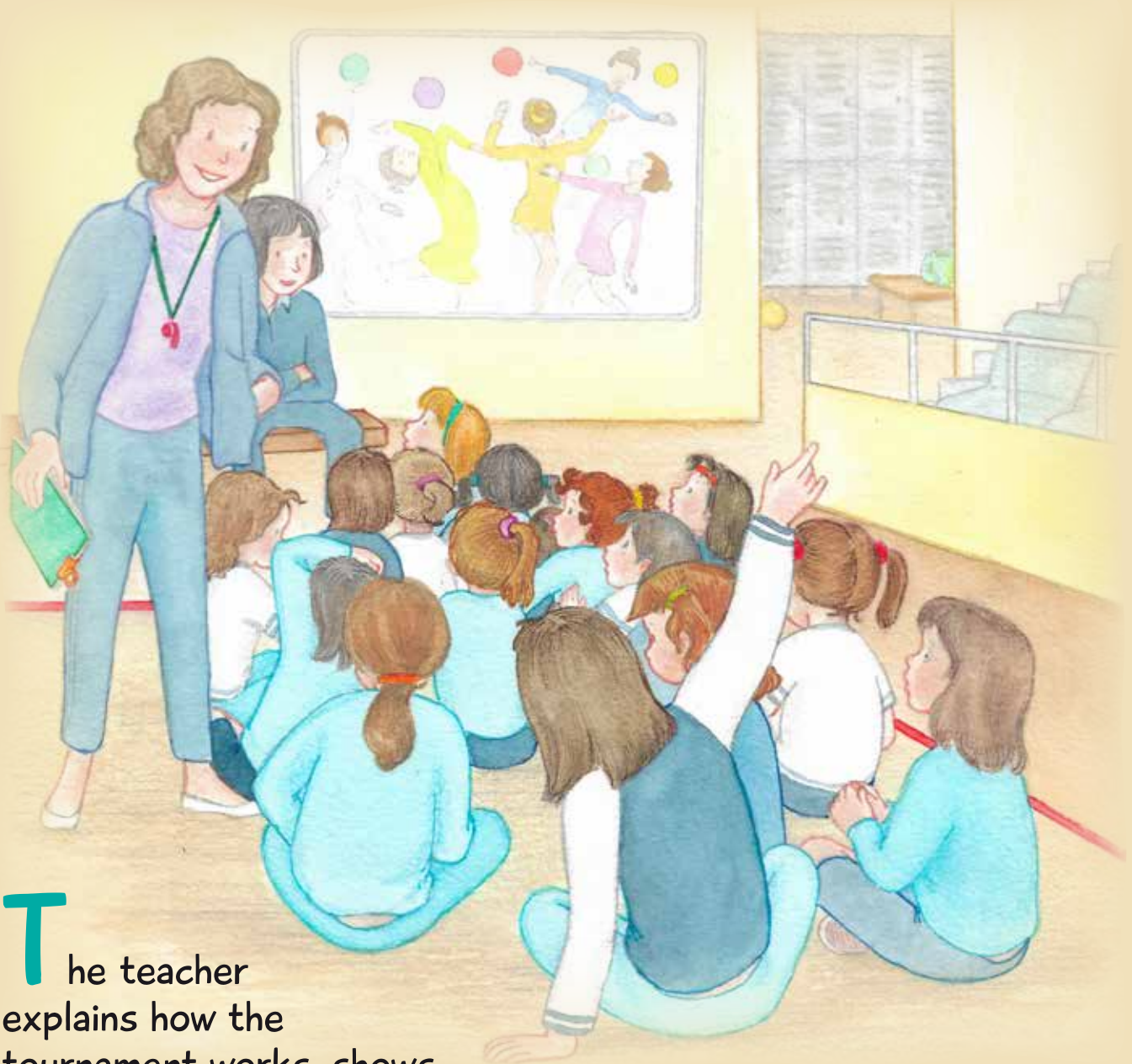
O of!...Sofi...Amalia...where  
are we at?...we are now on  
our second lap.



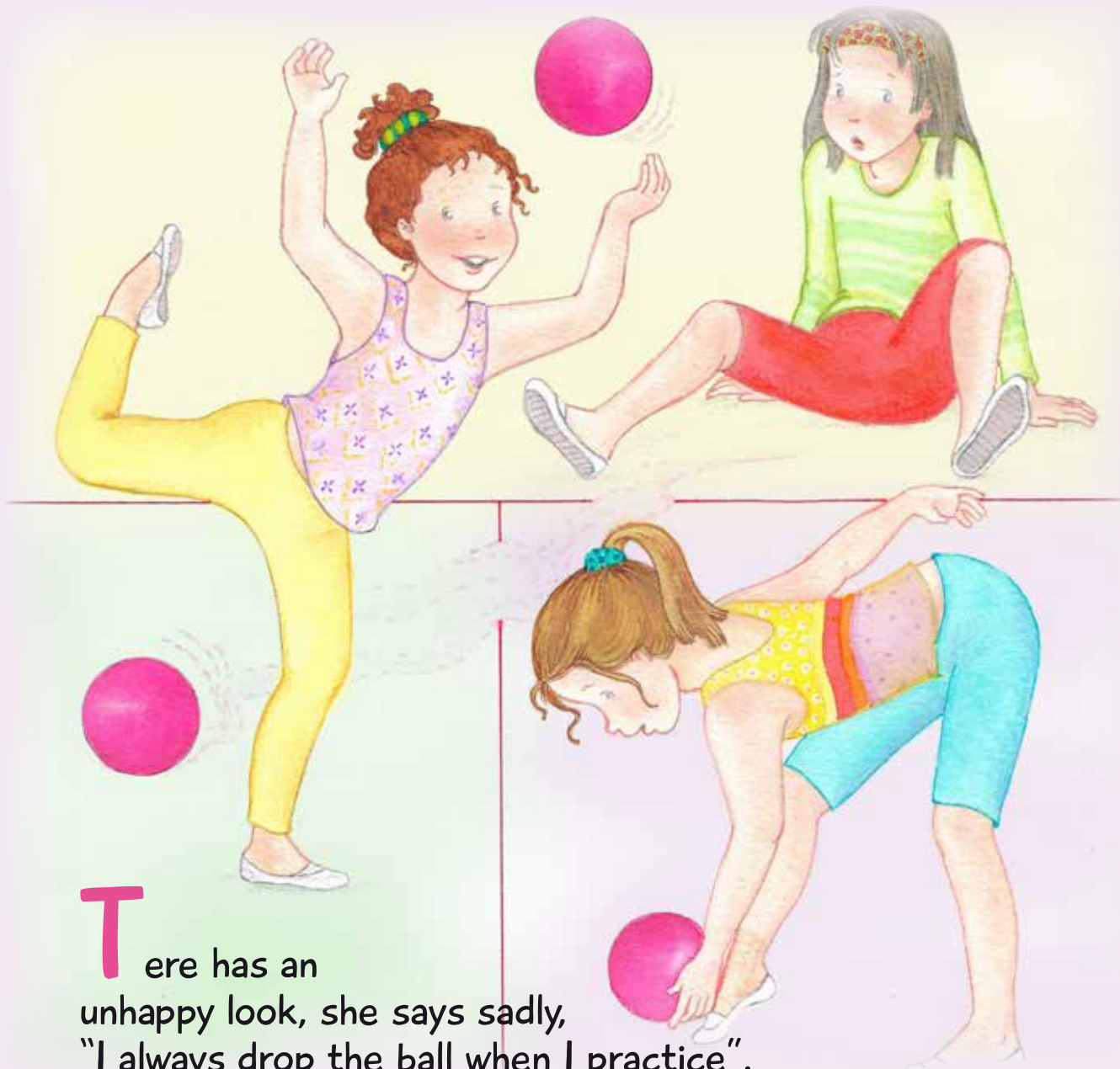
**T**heir teacher announces, "I have great news! We have been invited to participate in a tournament". Oh my goodness, our first rhythmic gymnastics competition!







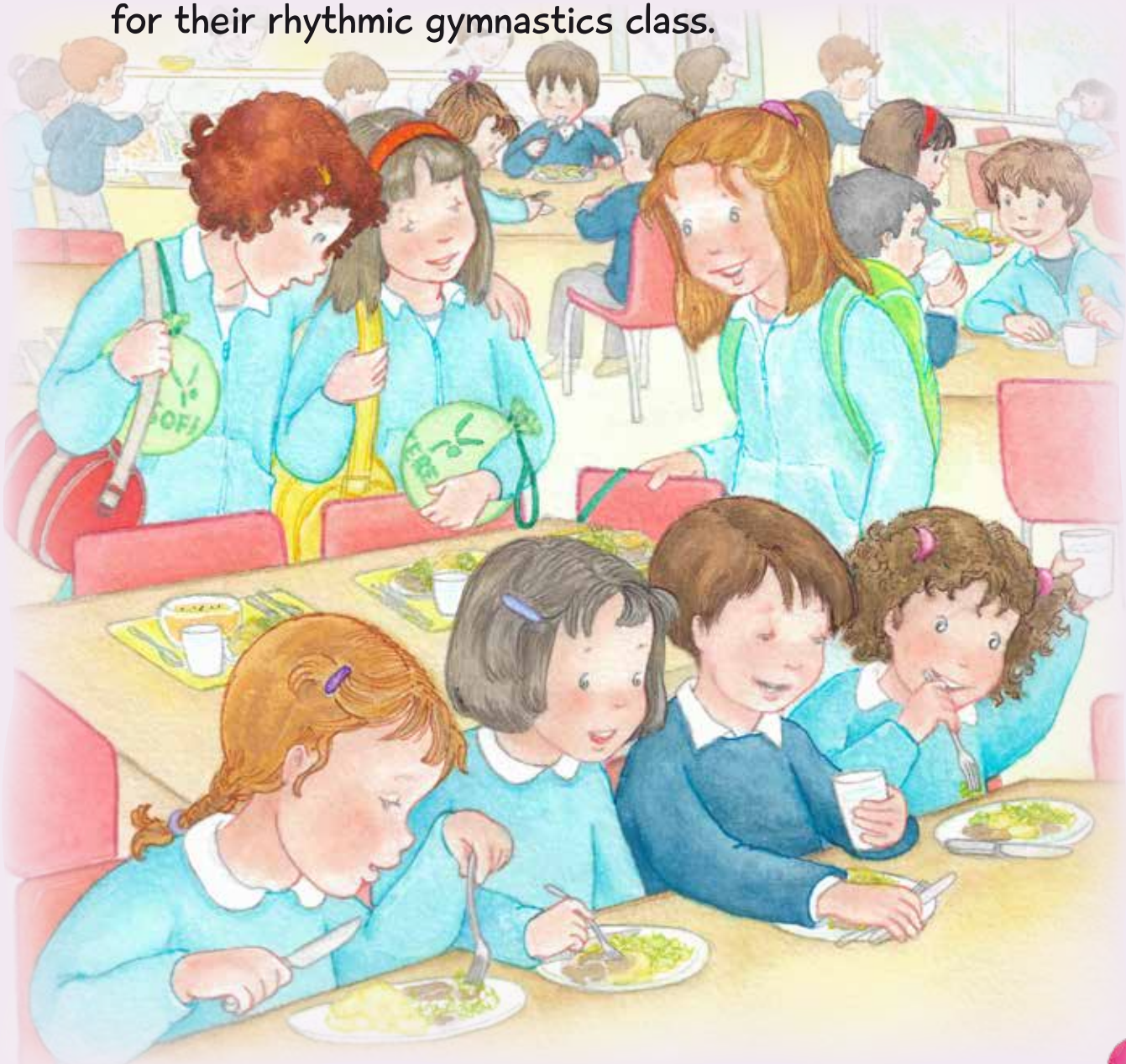
**T**he teacher explains how the tournament works, shows them videos of routines, the apparatus they will use, and the routine that they must learn  
We love the ball! Both Sofi and Amalia declare.



**T**here has an unhappy look, she says sadly, "I always drop the ball when I practice". Her friends tell her that they will help her and not to worry.



It's Thursday! And it's the second time this week that the children wait over lunch for their rhythmic gymnastics class.



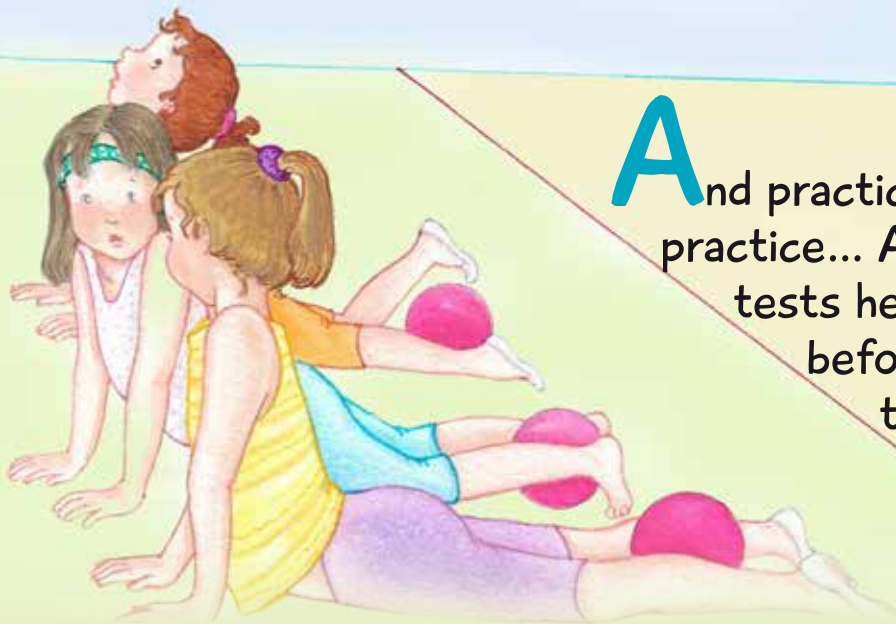




**A**ll three are super concentrated, since this is their first great challenge. They practice their routine over and over again, making sure that their steps stay in time with the music.

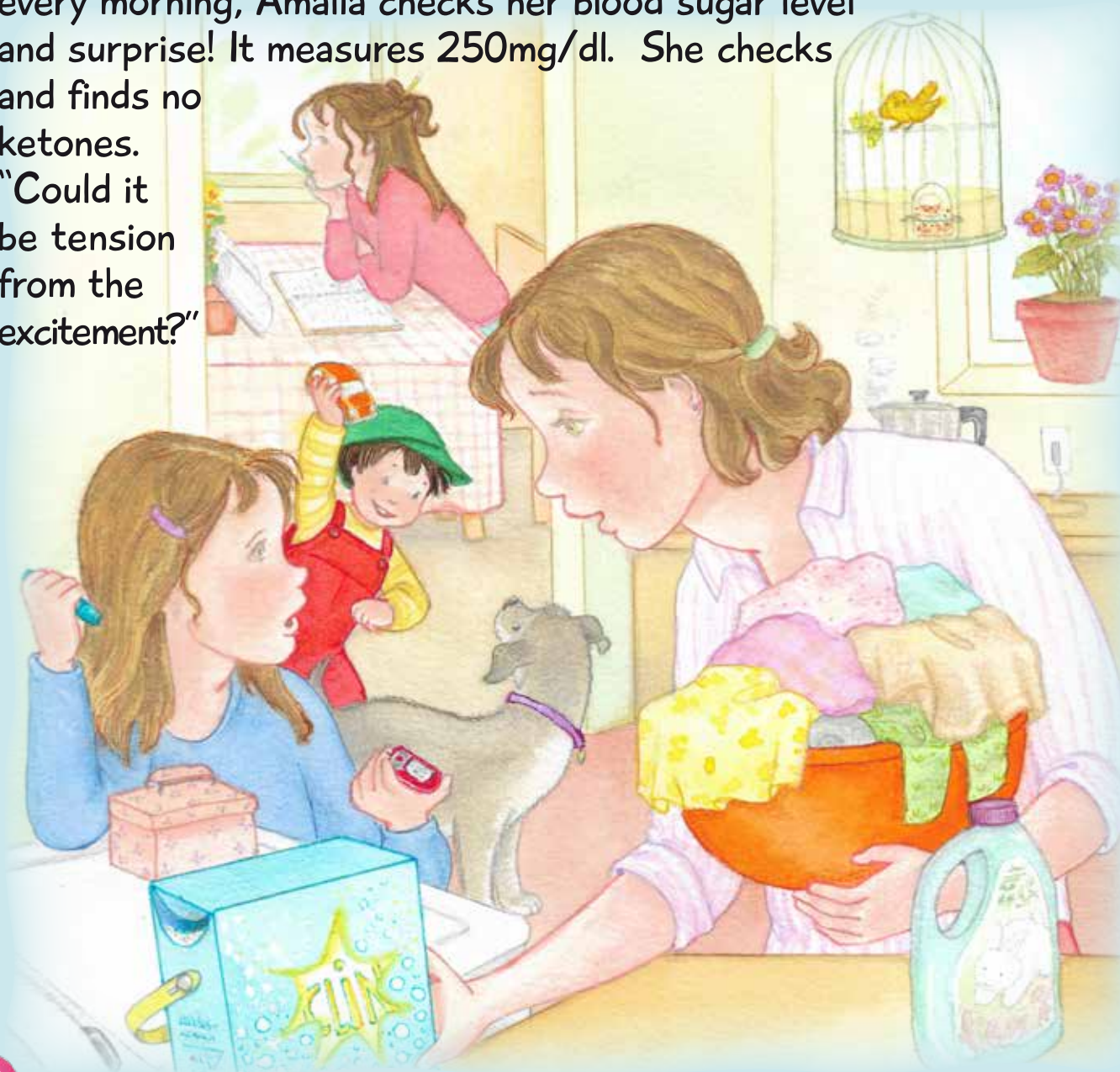


**A**nd practice, practice,  
practice... As always, Amalia  
tests her blood glucose  
before and during her  
training... and again  
when she  
returns  
home.

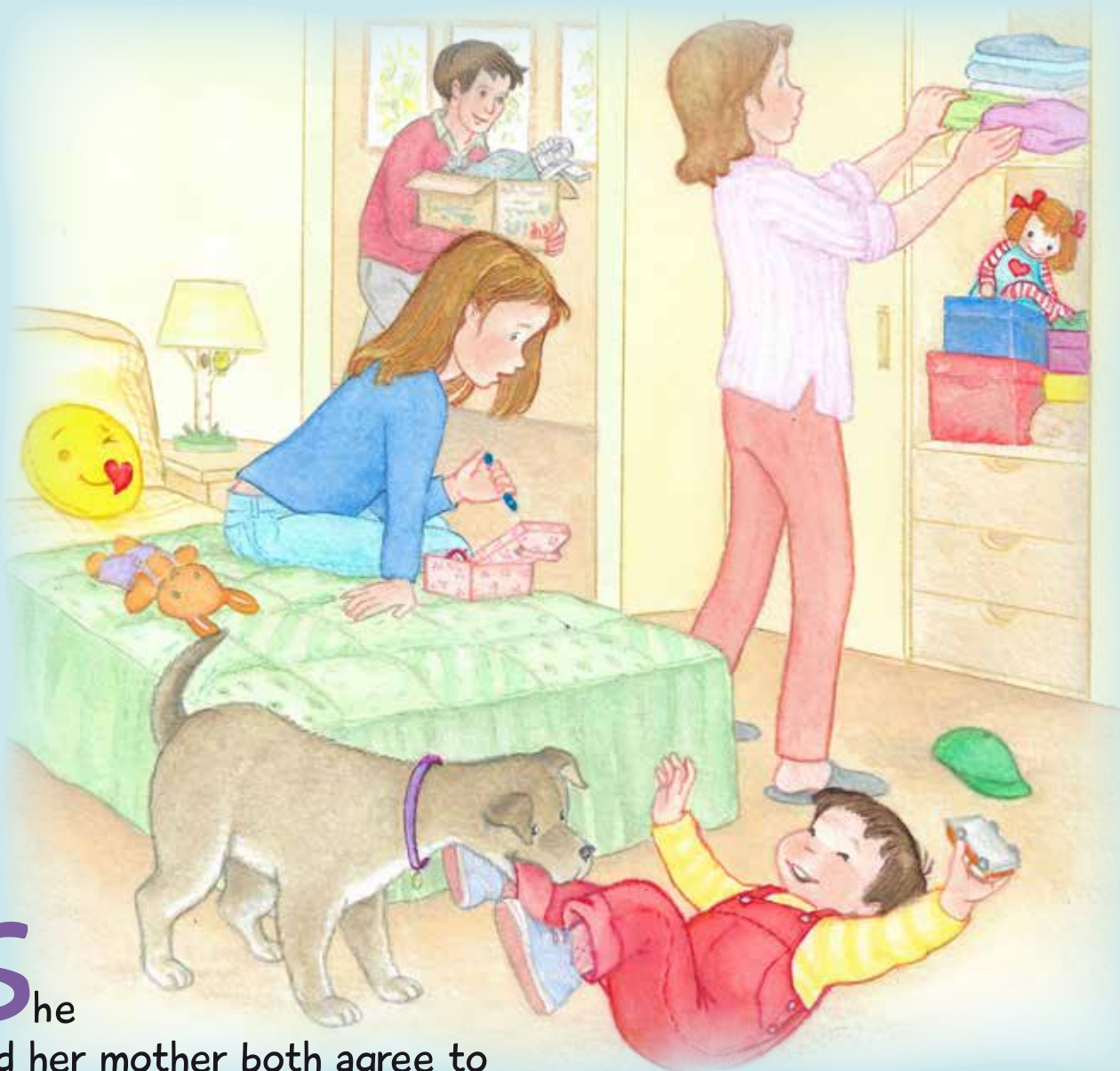




**T**wo month later... the big day arrives. Like every morning, Amalia checks her blood sugar level and surprise! It measures 250mg/dl. She checks and finds no ketones. "Could it be tension from the excitement?"







**S**he and her mother both agree to inject a little less insulin than her usual dosage, since the exercise might result in a low blood sugar later. Just to be sure, she will test again in two hours.

Tere and Amalia meet at Sofi's house and dress up for the competition. All around are hair clips and combs, the smell of delicious perfumes, and colored clothes.

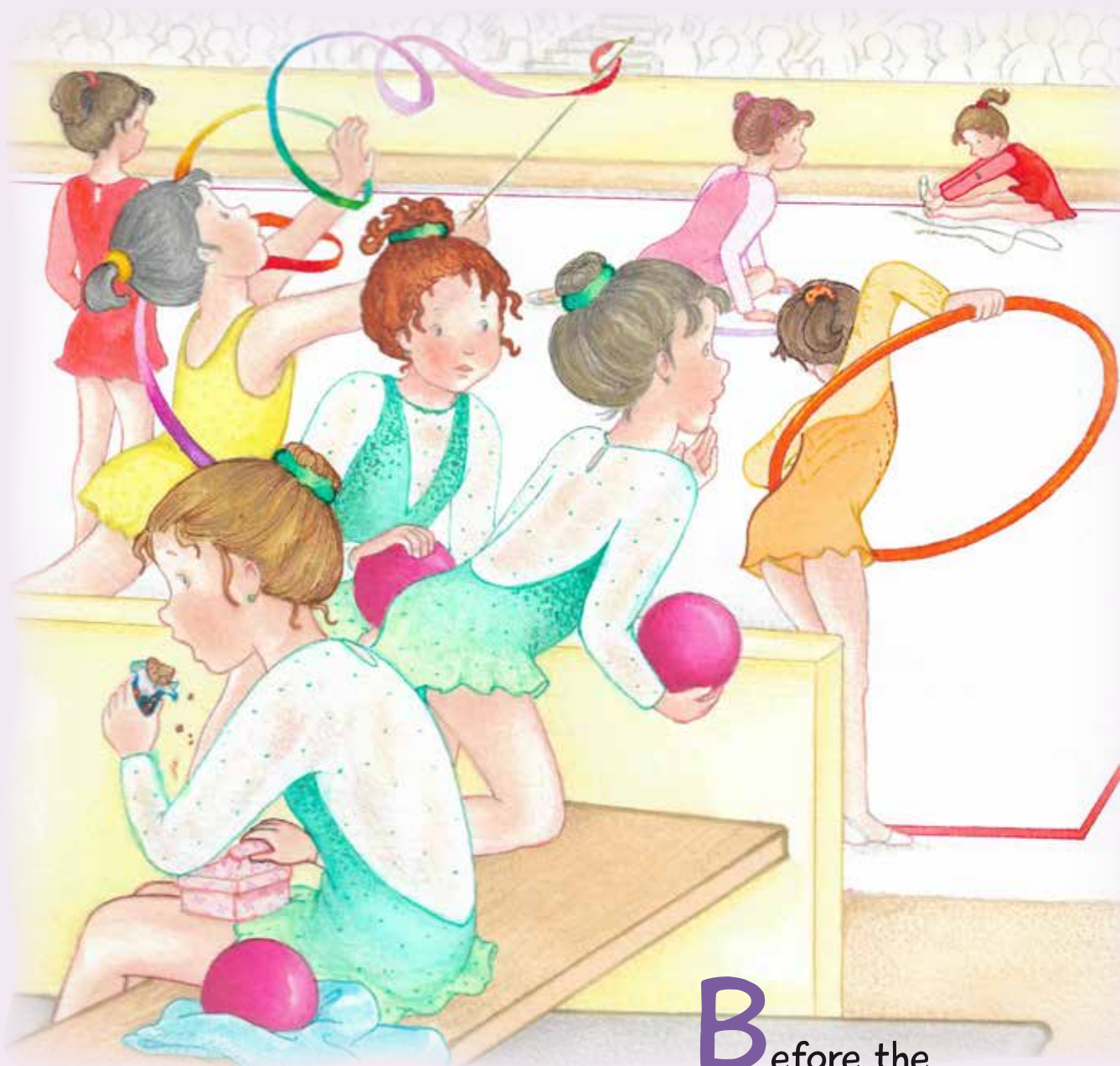






**W**hile getting dressed they keep practicing, there's no time to lose!



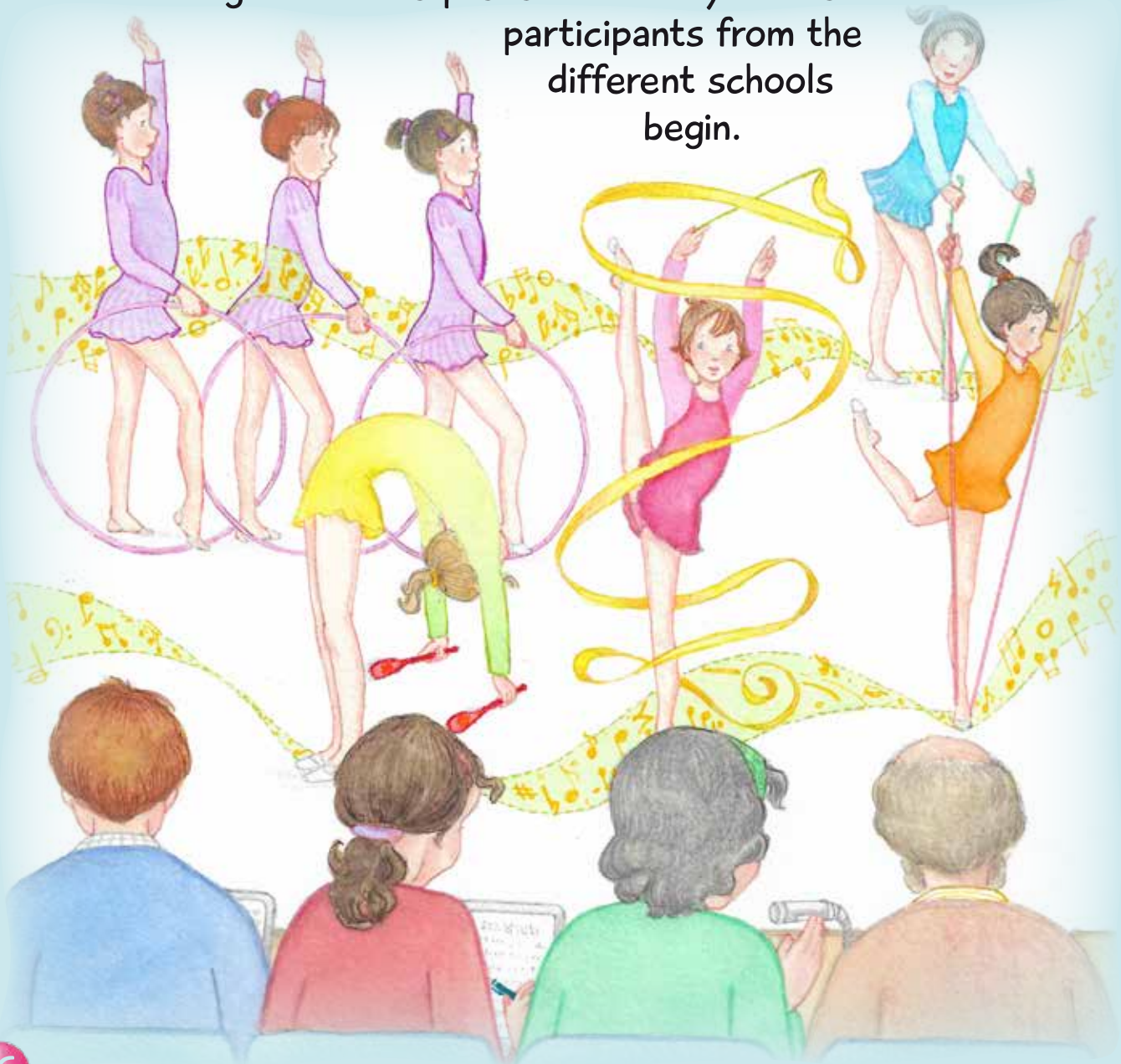


**B**efore the competition, Amalia tests her blood sugar and, just in case, eats a cereal bar.

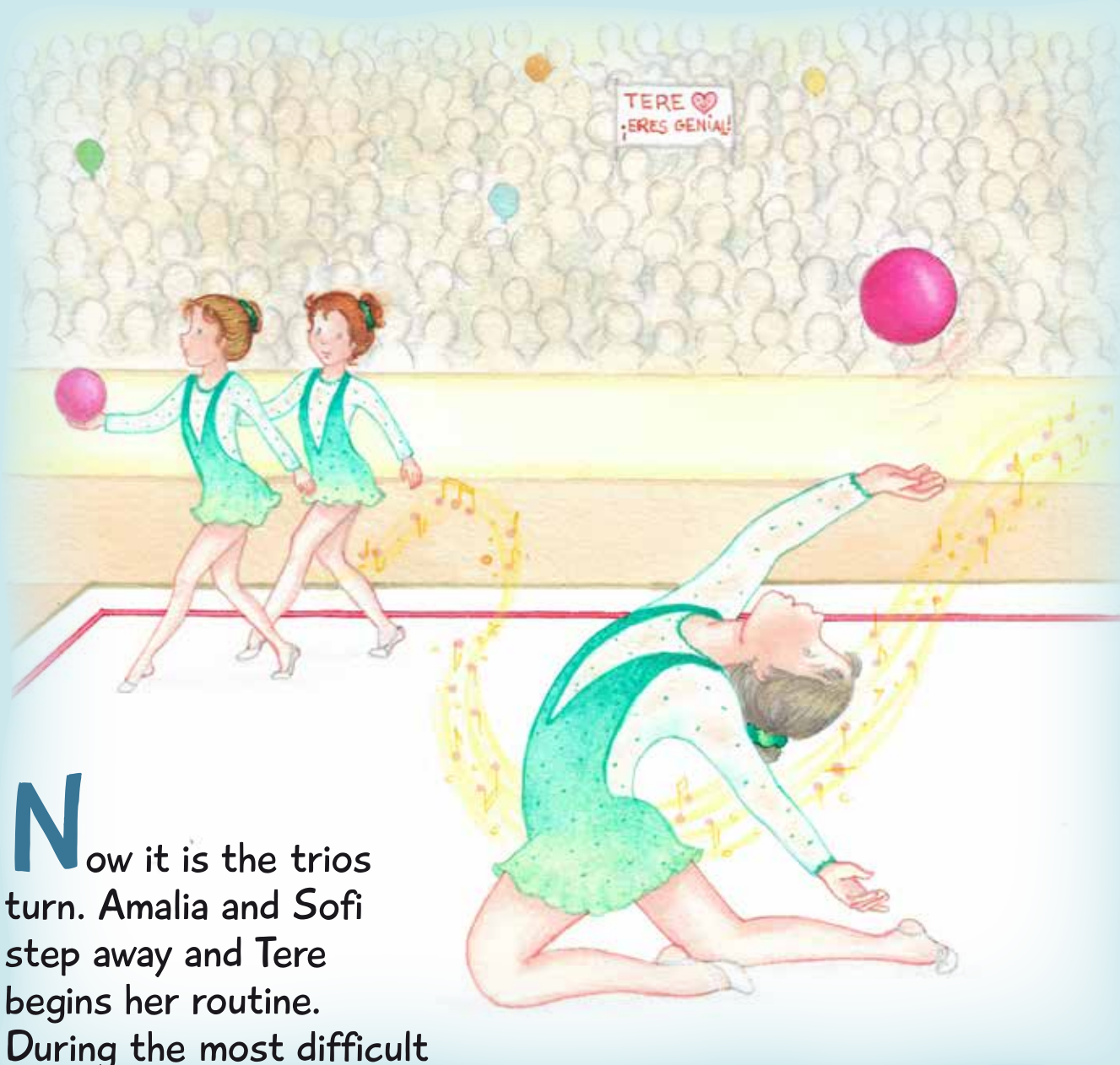




The moment arrives! The judges give the ready signal and the presentations by all the participants from the different schools begin.

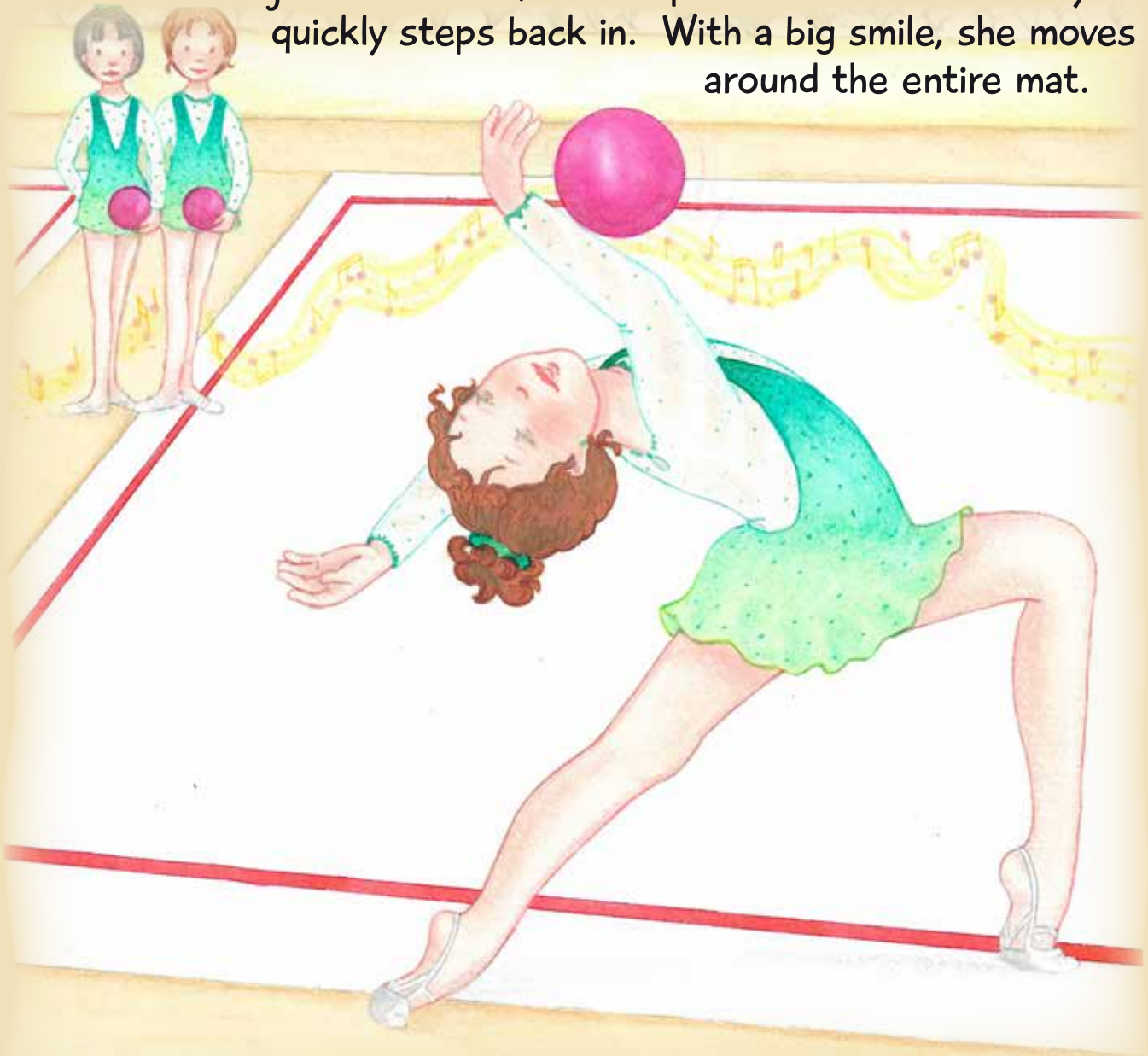


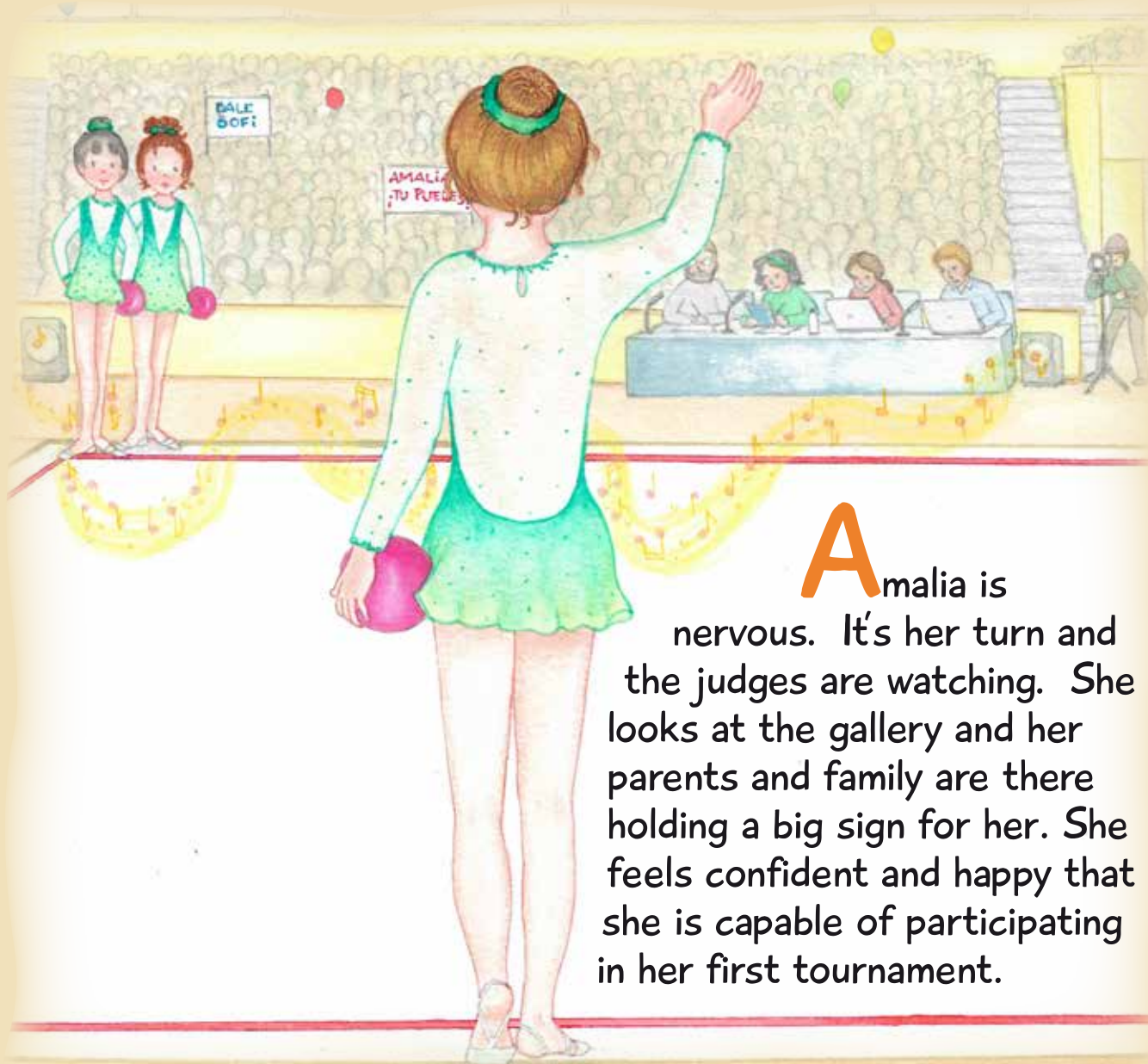




**N**ow it is the trios turn. Amalia and Sofi step away and Tere begins her routine. During the most difficult moment, she turns, throws the ball and... she did it! "You're wonderful Tere", encourage her friends from the sidelines.

**N**ow it's Sofi's turn, and she's excellent. For just a moment, she steps outside the boundary but quickly steps back in. With a big smile, she moves around the entire mat.

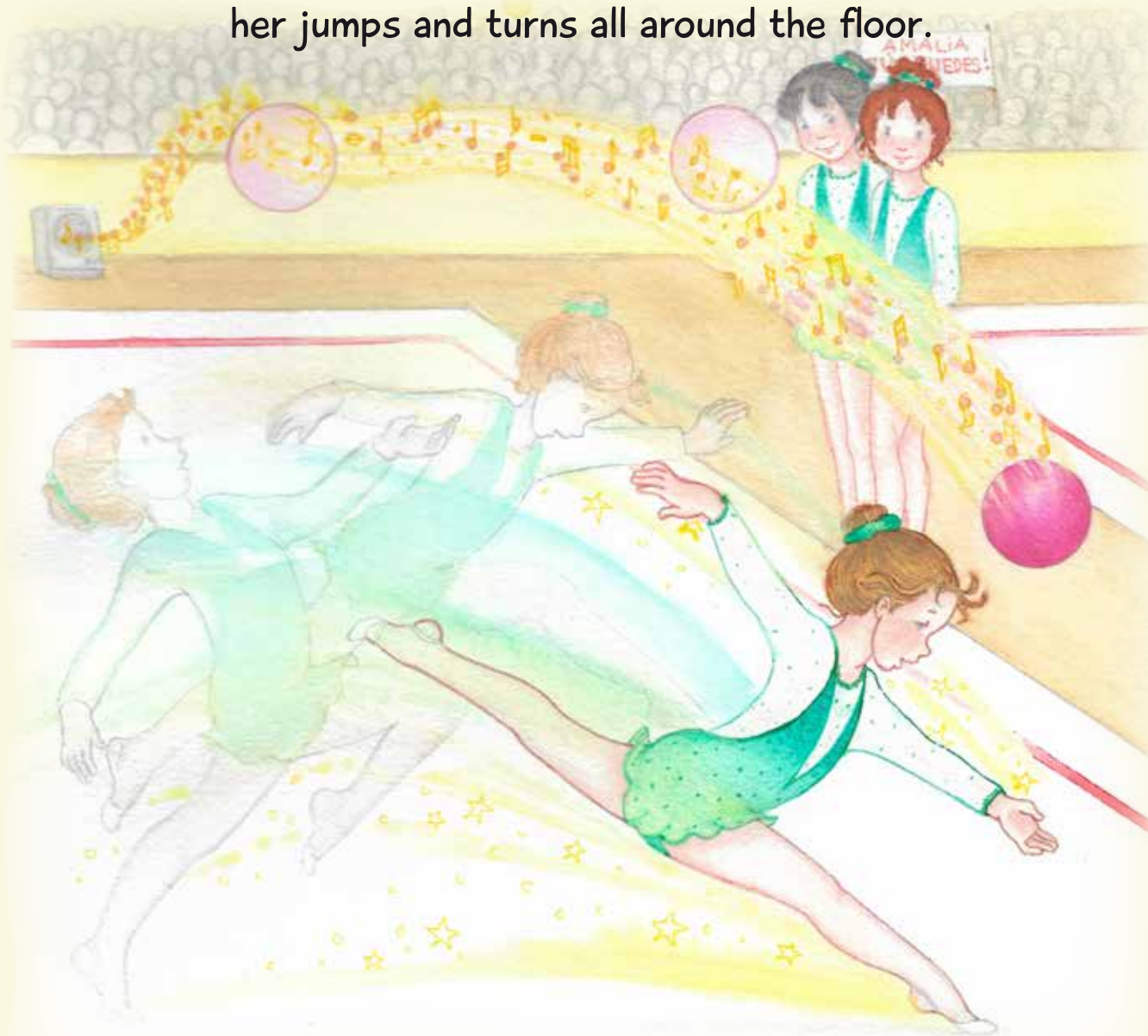




**A**malia is nervous. It's her turn and the judges are watching. She looks at the gallery and her parents and family are there holding a big sign for her. She feels confident and happy that she is capable of participating in her first tournament.

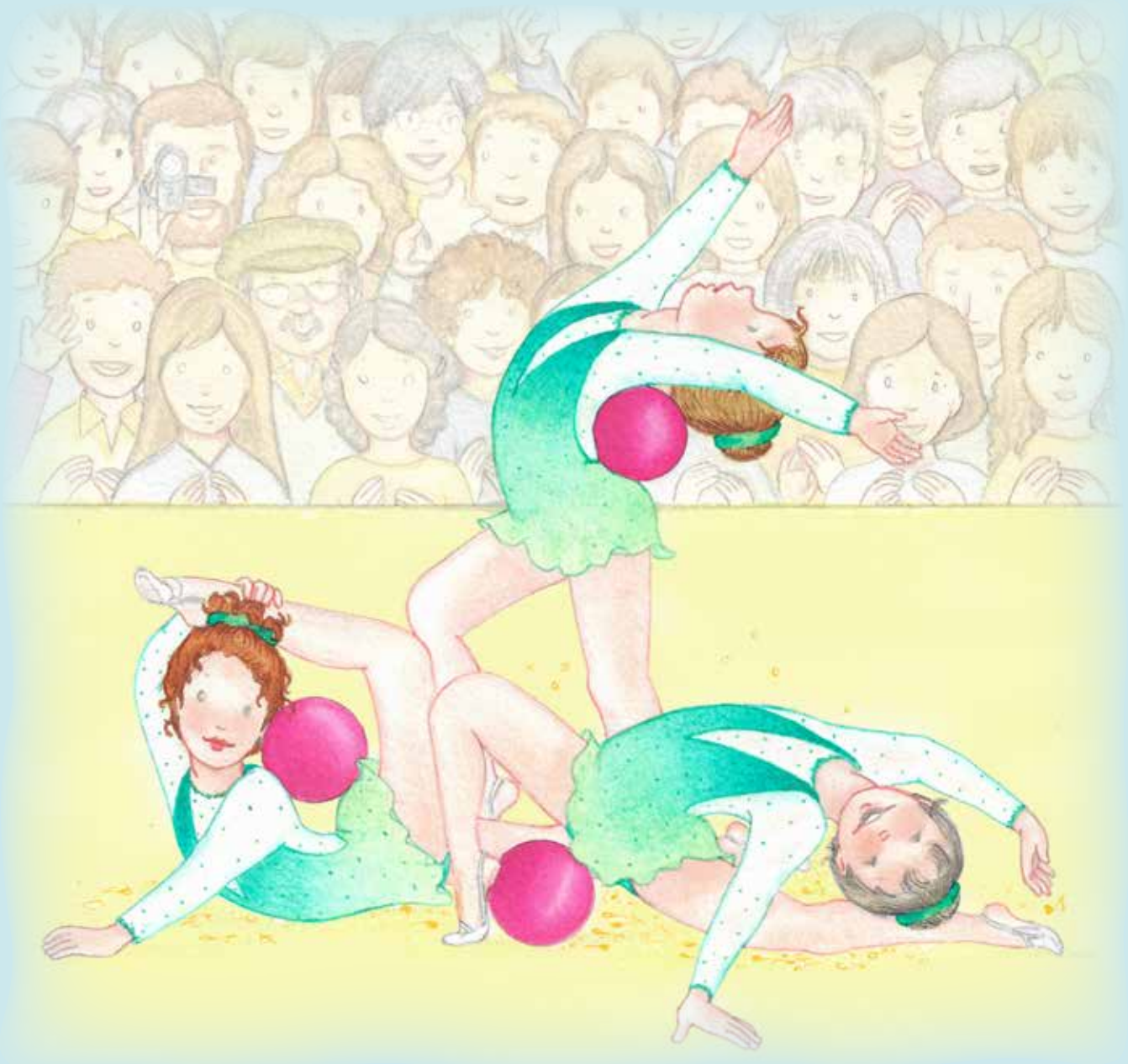


**T**he music begins and Amalia shines on the dance floor. She tosses her ball and makes her jumps and turns all around the floor.





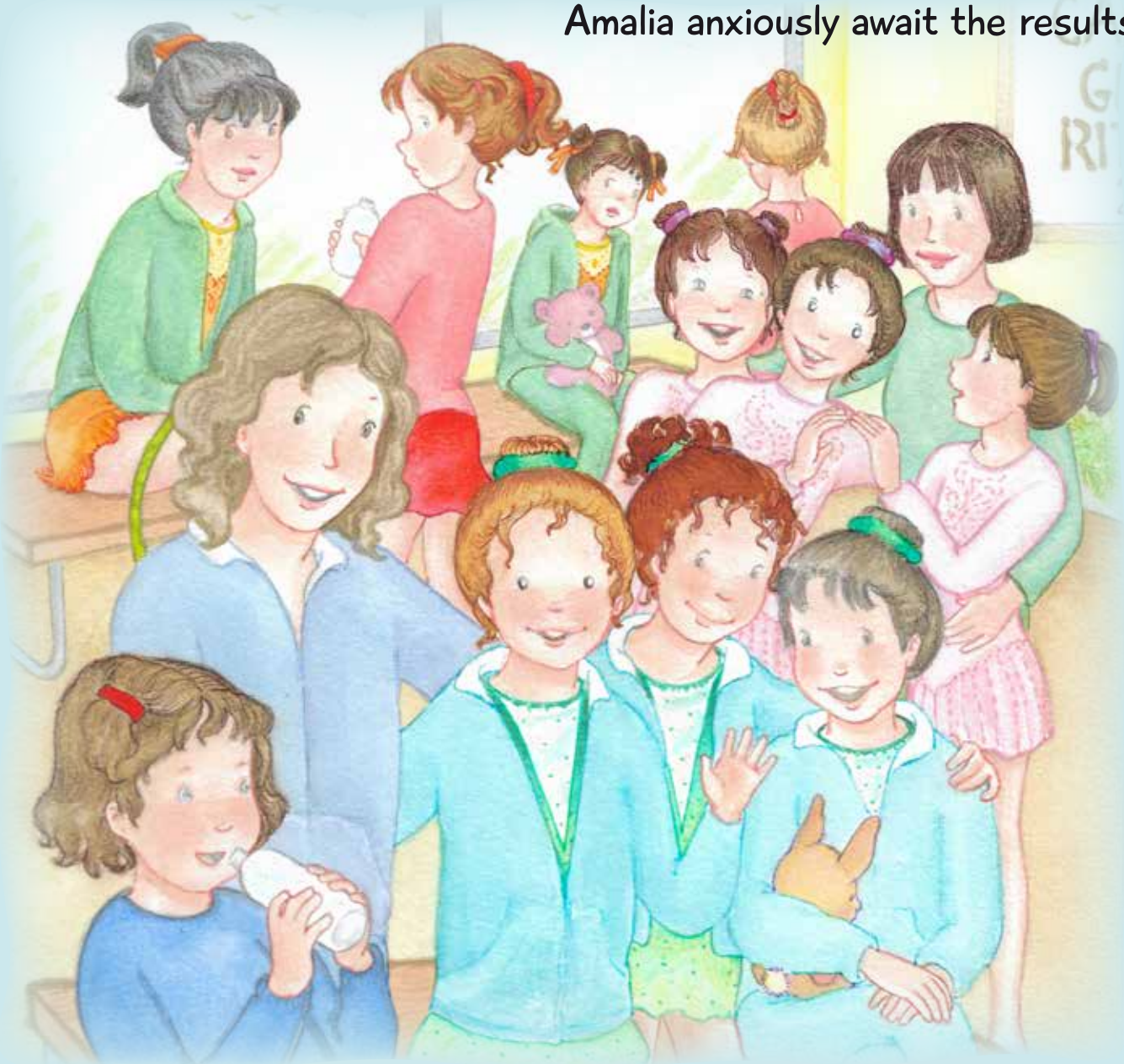
**N**ow the three as a team!



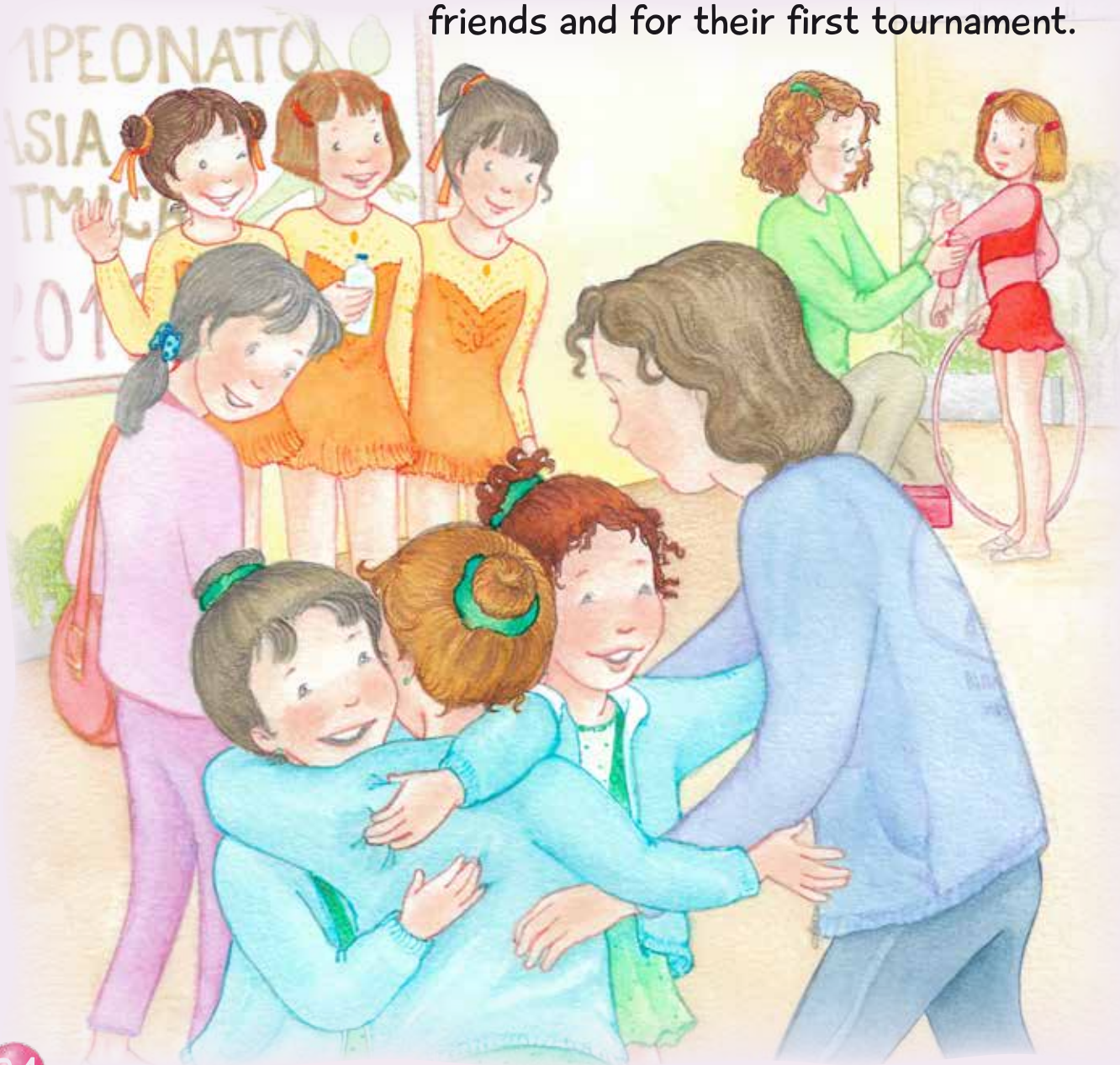
**A**nd... the grand finale!



All the presentations are over and end with great applause. Tere, Sofi, and Amalia anxiously await the results.



**T**heir school comes in third place! What a tremendous accomplishment for the three friends and for their first tournament.

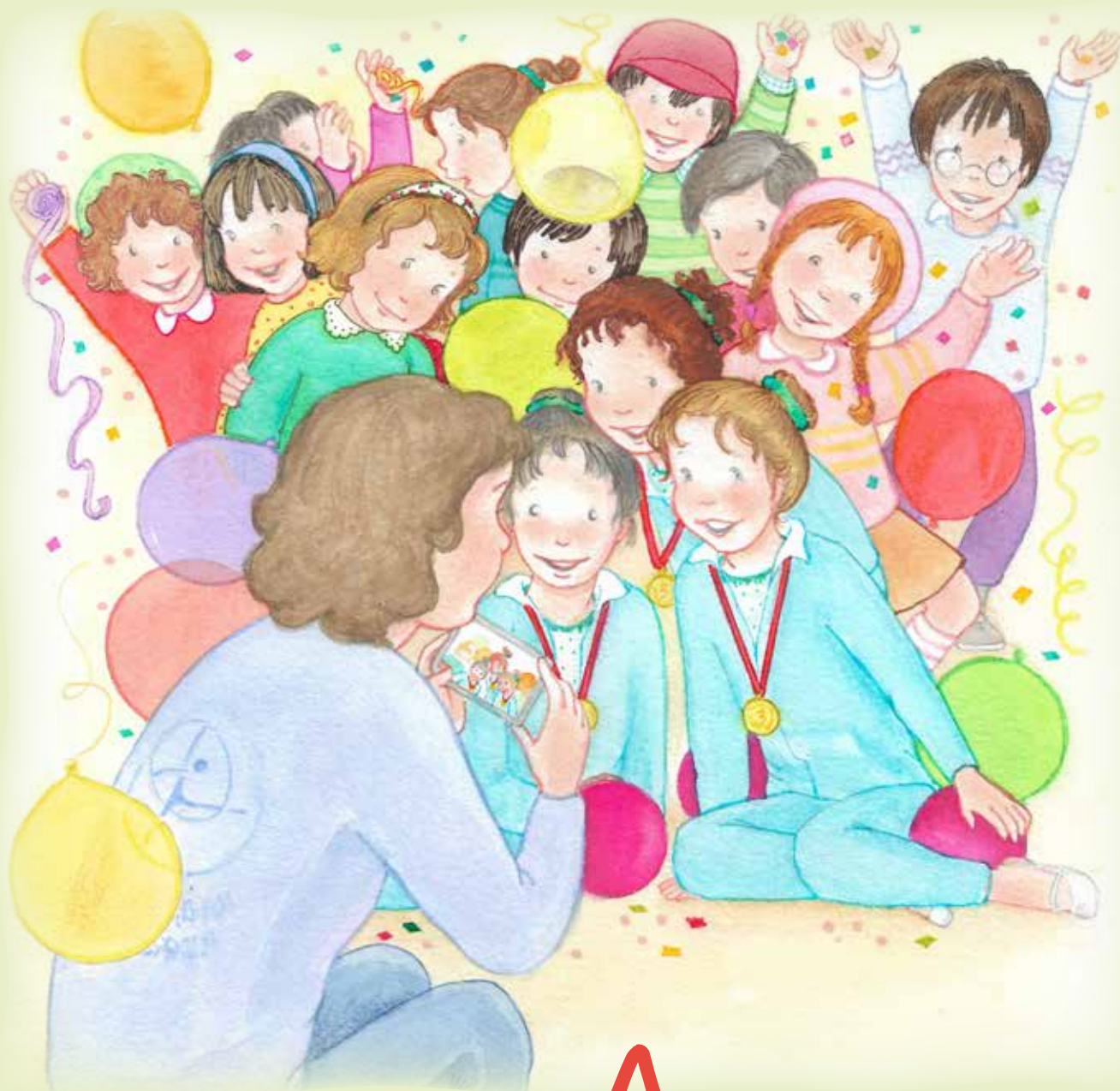






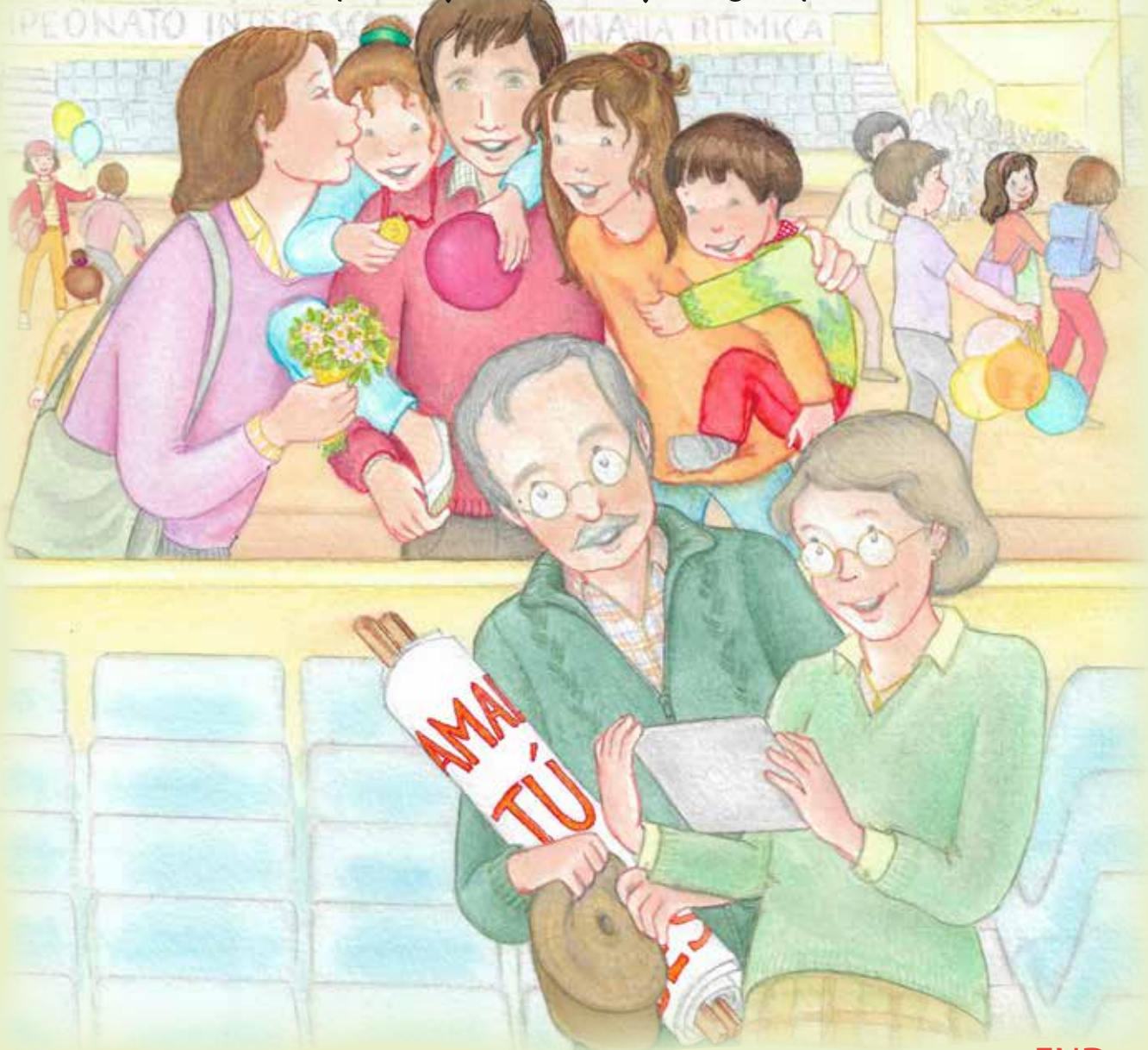
They take lots of photographs to remember the great moment.





**A**nd one photo of the entire class to put in the school paper or webpage.

**N**ow it's time to celebrate with the families! And to think about the next competition and the challenge of using new apparatuses: ribbons and hoops, why not? Everything is possible for Amalia!





## Let's talk a little!

Below we present some questions to discuss with the children after reading the story about Amalia. They are aimed at trying to understand their experiences with exercise, to share their worries, and to identify those individuals who have helped them, etc. We invite your family to continue sharing and learning!

Amalia really enjoys practicing gymnastics with her friends. Her parents are proud of her and see that exercise is beneficial for her. Do you also have a favorite sport? What is the thing that you most like about the sport?

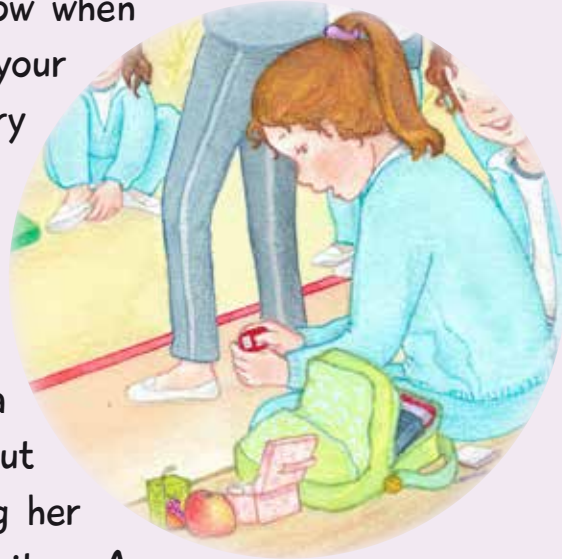


- When Tere and Sofi learned that Amalia had diabetes, it did not affect their friendship or how they thought about her. They continued to treat her as they always had. Since then,

they have learned about her treatment and better understand what it is about. Have you talked with your friends about your condition? How do you feel when you shared it with them? If you haven't told them yet about your diabetes, what do you think their reaction will be when you tell them?

- Amalia is always prepared for training, she takes her blood glucose meter, her lancet device, and, in case she has a low, some juice with sugar and an apple or a cereal bar. What do you do before you exercise? Do you know when it's a good time to measure your blood sugar and when it's necessary to eat something? Who helps you control your diabetes when you are training?

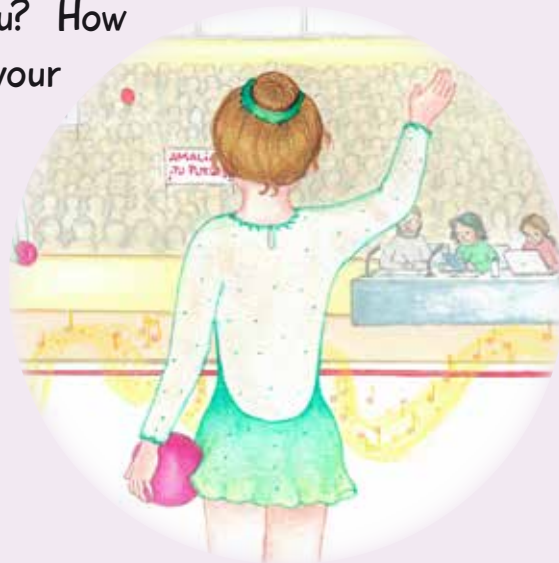
- Since her diagnosis, Amalia has always been concerned about certain things, like not forgetting her insulin or her blood glucose monitor. Are there things that you worry about since you were diagnosed? What are those concerns and with whom do you share them?





- What did Amalia do when she had a high blood sugar reading before the competition? Do you remember the first time you had a high blood sugar? What did you do about it? What symptoms did you have?

• Before beginning her routine in the competition, Amalia was nervous, but she looked at the gallery and saw her family with a big sign supporting her as they always do. When living with diabetes your family is essential. Who has helped you? How have they helped you with your diabetes?



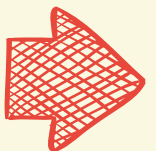




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"Some advice for parents"

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# Some recommendations for physical activity



## When do you measure blood sugar?

- Before beginning an activity.
- If the exercise lasts more than 30 minutes, test during exercise.
- At the end of the activity.
- When any kind of symptoms occur.

## What is the recommended blood sugar range while doing physical activity?

- Between 100 and 250 mg/dl.

## What to do when outside of the above range?

- If your blood sugar is below 100 mg/dl, eat a snack of between 10 and 15 grams of carbohydrates, adjust according to the intensity of the exercise.
- If your blood sugar is above 250 mg/dl and you test positive for ketones, stop exercising, administer an additional dosage of rapid insulin, drink lots of water, and test blood sugars every hour or two until the blood sugar level returns to normal.

## What should you take with you when doing physical activity?



- Blood glucose monitor, test strips, and ketone strips
- A snack with 10 to 15 grams of carbohydrates
- Glucose tablet, sugar, or a sugary juice
- Water
- Rapid acting insulin

When planning any high intensity exercise, it is advisable to carry a glucagon kit and make sure someone in the group knows how and when to use it.

Examples of such activity among others are hiking, swimming, running, and biking.\*

## If your exercise is scheduled?

For example, a competition or a tournament, routine training for a sport or related physical activity, it is important to learn the intensity and length of such activities. This will help you plan for the additional carbohydrates needed to support the activity, allow the adjusting of insulin dosages, and be better prepared to control your blood sugar levels.

\*consult your healthcare team



