



**SPORTS &
EXERCISE**
WEEKEND 2019

Friday 3rd May - Sunday 5th May

Australian Institute of Sport

Leverrier St, Bruce ACT 2617

2019 Sports & Exercise Weekend Overview



This year's Sports & Exercise Weekend hopes to build on the success of previous years in providing a fun-filled, hands on weekend; with practical knowledge from leading experts, motivational stories from inspiring individuals and connections between people living with type 1 diabetes (T1D).

Who's talking?

The weekend will include the following faculty members:

- **Prof. Paul Fournier** - Exercise Biochemist & Physiologist
- **Dr. Grant Cracknell** - Endocrinologist
- **Amy Rush** - Dietitian & Credentialed Diabetes Educator
- **Rebecca Johnson** - Telethon Type 1 Diabetes Centre CEO
- **Duncan Read** - Ultra-marathon Competitor & Motivational Speaker
- **Tim Burnham** - Professional Drummer & Motivational Speaker
- **Kyle Masterman** - T1D Athlete & Motivational Speaker

What's being covered?

The weekend will be covering topics such as:

- Different types of exercise and their effect on glucose control before, during, immediately after and hours after exercise
- The science behind why insulin requirements change during and after exercise along with practical strategies
- T1D and its effect on fitness and well-being
- Different types of diets and the effects they can have on glucose levels and sports performance
- How those living with T1D manage their diabetes whilst exercising and competing

Leave the weekend armed with practical information direct from expert healthcare professionals in the field of diabetes and exercise to help you improve your diabetes management and achieve your personal goals.

Weekend Agenda



Friday 3rd May

Arrival and check-in to accommodation from 2:00pm

- 3:00 - 4:00pm** *Meet, Greet & Registration: Gold Function Room*
- 4:00 - 5:00pm** *Introduction & Welcome*
AMSL Diabetes
Mingling, Drinks, Nibbles & Trivia
Bec Johnson
- 5:30 - 6:30pm** *AIS Tour*
- 6:30 - 7:00pm** *Dinner*
- 7:00 - 8:30pm** *Get Active: How to Make Your External Pancreas Work For You*
Dr. Grant Cracknell
- 8:30 - 9:30pm** *Sportex - Exclusive Tour*

Saturday 4th May

- 6:30am** *Breakfast*
- 8:00 - 9:00am** *Exercise & the Prevention of Hypoglycaemia in T1D: From the Bench to the Real World*
Paul Fournier
- 9:00 - 10:00am** *Life Without Limits - A Personal Experience of Building Resilience Through Sport*
Kyle Masterman
- 10:00 - 10:25am** *Morning Tea*
- 10:25 - 11:25am** *GI, Fat & Protein: How Do They Affect BG and How to Handle Them*
Amy Rush
- 11:30 - 12:30pm** *Exercise Workshop*
Option 1: Boot Camp - Combat Centre
Option 2: Pilates - Pool Fitness Room
- 12:30 - 1:00pm** *Lunch*
- 1:00 - 2:00pm** *Tech vs Non Tech: The Pros & Cons of Either*
Duncan Read

Saturday 4th May (cont.)

- 2:00 - 2:50pm *Living with Type 1 Diabetes*
Tim Burnham
- 3:00 - 4:00pm **Exercise Workshop**
Option 1: Boxa-Fit Class - Combat Centre
Option 2: Stretch/Core Class - Pool Fitness Room
- 4:00 - 4:15pm *Afternoon Tea*
- 4:15 - 5:45pm *Discussion Time*
Bec Johnson
- 6:45pm **Meet at Main Entrance for Bus to Dinner**
- 7:00 - 10:30pm *Dinner - QT Hotel*

Sunday 5th May

- 7:30am *Breakfast*
- 8:30 - 9:30am *How to Get the Most From Your Visit With Your Diabetes Team.
Make Them Work For You!*
Grant Cracknell
- 9:30 - 10:00am *Swimsulin*
Bec Johnson
- 10:15 - 11:00am **Exercise Workshop**
Basketball
- 11:00 - 11:30am *Morning Tea*
- 11:30 - 12:00pm **Group Break-out**
All Faculty
- 12:00 - 12:30pm *Panel Discussion & Summary*
- 12:30pm **Close**

Meet your Speakers



Prof. Paul Fournier

Exercise Biochemist & Physiologist

Paul is an exercise biochemist and physiologist in the School of Exercise Science and Health at the University of Western Australia. Paul and his colleagues have investigated the use of sprinting, continuous glucose monitoring (CGM) systems, exercise timing and carbohydrate intake as means to prevent hypoglycaemia in T1D.



Dr. Grant Cracknell

Endocrinologist

Grant is an endocrinologist working in private practice in Brisbane. His expertise is in T1D and insulin pump therapy. Grant is keenly invested in helping his patients with T1D 'achieve all they want in life whilst running their external pancreas', including staying fit and training for their own challenges. An avid cyclist and Masters racer, Grant will be competing in the Haute Route Pyreneers this year.



Amy Rush

Dietitian & Credentialed Diabetes Educator

Amy is an accredited practicing dietitian and credentialed diabetes educator working solely with people living with T1D. Amy is passionate about the role of nutrition in managing T1D and is a bit of a self-confessed 'tech nerd' as she loves interpreting CGM graphs and constructing profiles from pump and meter readings.



Rebecca Johnson (MC)

Telethon Type 1 Diabetes Centre CEO

Rebecca is the CEO of the Telethon Type 1 Diabetes Family Centre in Perth, an Australia-first service offering peer and psychosocial support, advocacy, information and clinical care to children and young people with T1D. She was diagnosed with T1D in 2001 and manages her diabetes with injections, a low-carb diet and plenty of physical activity.



Duncan Read

Ultra-Marathon Competitor & Motivational Speaker

Duncan was diagnosed with T1D at the age of 14 and his passion for sport means diabetes does not get in the way of his love for exercise or adventure. In fact, Duncan feels that diabetes gives him a competitive advantage, believing that managing life with T1D makes him fitter, more prepared and more resilient. He has run six ultra-marathons since 2012, the latest being the 'Racing the Planet' 250km ultra-marathon in March 2019.



Tim Burnham

Professional Drummer

Tim is a professional drummer from Melbourne who tours all over Australia. Diagnosed with T1D in 2011, Tim felt like all was lost and so he decided to learn all he could about T1D, human biology and nutrition. Tim advocates this 'do it yourself' approach to managing diabetes, stating that understanding what's happening within your body is the first line of defence.



Kyle Masterman

Type 1 Diabetes Athlete & Motivational Speaker

Kyle grew up in Perth, Western Australia and leads a full-on life with a family of 5, working a fly-in, fly-out job with a keen interest in a range of sports and diabetes technology. Being diagnosed with T1D 19 years ago, this has not held him back with his sporting goals and achievements. Kyle has a passion for helping and mentoring the T1D community and recently started a podcast - 'My Lazy Pancreas'.



Meet the AMSL Diabetes Team



Leane
National Sales Manager

Fun Fact: Leane enjoys partaking in a bit of friendly banter with her family.



Sue
Sales Manager VIC/TAS

Fun Fact: Sue was the 1995 winner of 'The Price is Right'.



Lucy
Professional Education Manager

Fun Fact: Lucy is a former full-time British rower.



Mariana
Territory Manager NSW West

Fun Fact: Originally from Mexico, Mariana learnt how to speak English in Scotland.



Bec
Territory Manager NSW South/ACT/NT

Fun Fact: When not at work, Bec enjoys singing with her impressive vocal range.



Amy
Territory Manager SA/Mildura

Fun Fact: Amy is an avid participant in 'No Lights, No Lycra', a dance craze where you dance in big groups in the dark!



Reece
Senior Customer Care Specialist

Fun Fact: At just the age of 25, Reece has already travelled all over the world. When not at work, you can find him planning his next overseas trip!



Chelsea
Events & Marketing Support

Fun Fact: Chelsea loves stand-up comedy, and can't resist patting any dog she sees.



Amr
Marketing Associate

Fun Fact: Amr is passionate about going to the gym. He hopes to one day be able to bench press twice his own weight.



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For further information, please contact AMSL Events and Marketing Support Chelsea Cameron-Smith, on 0429 461 448 or chelsea.cameron-smith@amsl.com.au

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