

Special Issue

Physical Activity and Exercise for the Management of Diabetes

Message from the Guest Editors

While it is well known that effective diabetes management requires not just diet and medication but also ongoing education and exercise, many young people with diabetes on insulin face challenges in participating in sports traditionally deemed 'dangerous,' such as scuba diving, mountain climbing, motor racing, and boxing. Over time, these activities have gained acceptance thanks to impressive achievements by athletes and the exceptional work of dedicated diabetologists, who emphasize the importance of awareness in sports for both safety and performance at all levels. Nevertheless, certain sports federations may still restrict athletes due to fears of hypoglycemia or insufficient understanding of technological advancements in the field. This issue invites colleagues to submit their research findings or reviews/meta-analyses on these topics to enhance awareness of the benefits of well-regulated sports within the scientific community. This can help prevent the discouraging drop in motivation for exercise among young people increasingly drawn to less active technology-driven sports alternatives, as well as chronically sedentary older adults.

Guest Editors

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Editor-in-Chief

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