Abstract
Type 1 diabetes is a metabolic diseases characterized by hyperglycemia, results from the destruction of insulin-producing pancreatic beta cells. Diabetes management usually by insulin, dietary and physical activity. Aim: Assess the relationship between physical activity and glycemic control in type 1 diabetes subjects. Methods: The literature search conducted in Pubmed and ScienceDirect databases and was initially identified 24 articles and we applied the inclusion criteria that considered original, full-text, remaining thirteen articles published between 1992 and 2009. Results and discussion: Two studies found a positive association between physical exercises and adequacy of glycemic control on long-term, determining by glycated hemoglobin (HbA1c) and increase the insulin sensitivity, whereas three articles didn’t found relations between exercises and glucose, insulin sensitivity and formation of ketone bodies. Conclusion: There are positive influences of exercise of long-term glycemic control in type 1 diabetes, however results are contradictory with respect to insulin sensitivity and fasting glucose. Glycemic control in diabetes should be based on HbA1c values, self-monitoring of blood glucose and reduction of insulin requirement, such as have been demonstrated in several studies. Thus physical exercise, along with dietary therapy and medication, are important to control diabetes.

Keywords
Diabetes mellitus, Physical exercises, Glucose, Insulin resistance.