**A Randomised Controlled Study of High Intensity Exercise as a Dishabituating Stimulus to Improve Hypoglycaemia Awareness in People with Type 1 Diabetes: A Proof-of-Concept Study**

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The study looked at effect of high intensity exercise in improving hypo awareness in people with [type 1 diabetes](https://twitter.com/hashtag/type1diabetes?src=hashtag_click).

Researchers found the introduction of a novel stressor such as high intensity training can restore, at least partially, the adapted counterregulatory hormonal, symptomatic and cognitive responses to hypoglycaemia.