**Physical Activity and Type 1 Diabetes**

Editorial

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Despite the association between regular physical activity (PA) and positive health effects on individuals with type 1 diabetes, the improvements in glycaemic control have not been convincingly paralleled with the benefits of physical activity.

Individuals with type 1 diabetes experience a multitude of adverse reactions to PA, such as increased glucose variability, hypo and hyperglycaemia as well as ambiguities in the effect of exercise on glucose control at various stages of PA.

This special issue of *physical activity and diabetes* covers a broad field of clinical and pre-clinical studies to better understand the effects of PA in individuals with diabetes and to better overcome the problems associated with PA in order to the adoption of regular exercise.