For the general public, many studies have shown that physical activities can reduce the risks of cardiovascular diseases. Physical activities can significantly lessen the impact of disease risk factors and repair damaged cardiovascular tissues. However, a similar report in individuals with type 1 diabetes is scarce. This research aims to determine the correlation between the levels of physical activity and the risk of cardiovascular diseases in patients with type 1 diabetes. Data regarding physical activity levels and cardiovascular disease risk factors were collected from patients’ self-reported questionnaires and medical records. A total of 208 adults (18 years of age) with type 1 diabetes were included in the present analyses and stratified in three groups according to their levels of physical activity (low, moderate, and high). We found an inverse association between physical activity and HbA1c, and weight (all 0.001). On the other hand, differences in systolic or diastolic blood pressures, as well as levels of high hypoglycemia were reported to be undifferentiated among dissimilar physical activity level groups. Severe hypoglycemia did not differ in different groups. Consequently, for individuals with type 1 diabetes, it is recommended that periodic physical activity should be performed, as physical activity is linked to favourable levels of glycemic control and weight management, which ultimately relates to risk reduction of cardiovascular disease.

**Themes:**

Check (highlight) the most applicable theme according to the abstract.

<table>
<thead>
<tr>
<th>Innovation and Technology</th>
<th>Health and Wellness</th>
<th>Culture and Society</th>
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**Comments:**

It would be useful to clarify what HbA1c is as not all people watching will know what it is.