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Looking for a vacation spot in the French Alps around late August, considering Val Thorens or the Savoie region. Which one would you recommend? We're looking for an apartment between €150-€200 for a week-long stay with our 2-year-old daughter and myself. Any advice is welcome. Looking forward to seeing everyone at the exercise routine tomorrow and discussing our ways to manage blood glucose levels. Looking to start exercising with a level above ten, I need to ensure I can get carbs on board while continuing to exercise. I've tried various energy gels and the Decathlon energy chews are the nicest I've had so far - they taste amazing and really help me during runs. They also offer slightly slower-acting carb date bars which are a nice alternative too. When exercising, I try to maintain my blood sugar levels by adding diluted juice to my water bottle. However, using fast-acting carbs can lead to an irregular "saw tooth" BG profile - a drop in blood sugar followed by an increase after treatment and then another drop during exercise. I'm curious if it's possible to set up a profile for running that adjusts basal and bolus according to the body's needs. I sometimes wonder if I could run a half marathon without eating anything, but I find gels unpleasant. There are some alternative companies like Veloforte and Chiacharge which offer food for runners that I enjoy. If you're planning to attend the National Running Show at the Birmingham NEC, it might be worth checking out as various companies give away freebies. I recently discovered Torq gels which I love - they have a nice flavor and provide 30 grams of carbs per serving. However, I'm still looking for a hypo treatment solution. As someone who's been using the FreeStyle Libre Sensor 2+ since December 1980, I've tried various options like Skittles and Lucozade in the past.

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