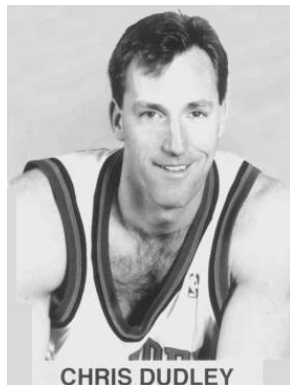


ASK THE ATHLETE

A Resource for Active People with Diabetes



CHRIS DUDLEY

Chris Dudley, 16 year veteran in the NBA

My Link: www.chrisdudley.org

About Me: Chris Dudley was diagnosed with type 1 diabetes at age 16. With determination and desire, Chris is now a 16-year veteran from the NBA. Dudley achieved his dreams of becoming an NBA player and his desire is for every child to succeed regardless of their economic, education or health liabilities. Throughout his career he has been a role model for people in his community and around the world. Chris has been widely recognized with the J. Walter Citizenship Award, Most Caring Athlete and most recently the AmeriCorps Award personally from President Bush to name a few.

| My FAQs | My Response |
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| <p>1. How many times did you test on a game day in the NBA?</p> | <p>On a game day, my typical regimen while playing in the NBA was to test 12-14 times. During training days I would test 8-10 times and during off days I would/will test 6-8 times a day.</p> |
| <p>2. Who was your mentor? Who inspired you when you were diagnosed?</p> | <p>Growing up I was a fan of Julius Irving, Bobby Jones and Mike Schmidt. Inspiration – Hockey player Bobby Clark who played for the Phillis hockey team had type 1 diabetes. I knew if Bobby Clark, who was a hall of famer hockey player, could play with diabetes - then I could play JV basketball.</p> |
| <p>3. What was the biggest challenge presented by having diabetes and a professional basketball player? How were you able to overcome those challenges? Was your team supportive?</p> | <p>Dealing with diabetes on an everyday basis, with no break was the biggest challenge for me. I was constantly trying to improve my routine in order to be at my best for the games. I learned to be disciplined, acknowledge and embrace diabetes and not reject it. My teams were always supportive – I was open with the trainer and medical staff. They were very helpful.</p> |
| <p>4. Greatest Athletic Achievement (with Diabetes):</p> | <p>My greatest athletic achievement is playing in the NBA for 16 years with type 1 diabetes. My greatest memory is going to the NBA finals with the NY Knicks.</p> |
| <p>5. How do you stay active within the diabetes community since retiring from the NBA?</p> | <p>I enjoy keeping active within the diabetes community by speaking, advocating and educating people about diabetes. In 1995, my wife and I started The Chris Dudley Foundation Basketball Camp for kids with type 1 diabetes. There are kids that come from all over the country and Canada to join us for a one week lifetime experience. The mission for camp is to walk away with a sense of how to play a vigorous sport while controlling your diabetes.</p> |

BE ACTIVE! BE FIT! BE HEALTHY!

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 Content provided here is for "informational purposes only". Please consult with your physician before starting an exercise program or incorporating information contained here into your exercise program, training regimen or competition events.
 Your physician or exercise professional should help you develop an exercise prescription with careful consideration of your diabetes control, complications, and other health problems; risk factors for cardiovascular disease; personal goals; and exercise preferences.
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