

# TYPE 2 DIABETES AND EXERCISE

**\*Always consult your physician before starting any exercise program.**



Physical activity is central to the prevention and management of type 2 diabetes. It is extremely important for weight management, blood sugar control and general physical and mental health. According to the American College of Sports Medicine, incorporating cardiovascular exercise along with strength training is more effective for blood sugar control than either type of exercise alone.

A single exercise session can help the body utilize insulin more effectively for up to 12-hours. In addition, exercise results in lower fasting blood sugar levels for up to 24-hours. Try checking your blood sugar before and after exercise to see how your body responds. Exercise is a powerful treatment for diabetes!

**Carbohydrates “fuel” → glucose goes into muscles → blood sugar decreases as muscles use glucose**

Recommendations	Benefits of Regular Exercise
<ul style="list-style-type: none"> <li>• Be consistent. Exercise 3 - 7 days a week for a total of 150 minutes of moderate or 75 minutes of vigorous exercise.</li> <li>• Strength train using weights, resistance bands or body weight 2 - 3 days per week for at least 20 minutes.</li> <li>• Start slow. Walking and low impact activities such as swimming and biking are great for all fitness levels.</li> <li>• Exercise after eating for better blood sugar control.</li> </ul>	<ul style="list-style-type: none"> <li>• Better blood sugar control</li> <li>• Improved blood pressure</li> <li>• Decreased risk for diabetes complications</li> <li>• Weight management/weight loss</li> <li>• Relieves stress/decreases symptoms of depression</li> <li>• Improves circulation</li> <li>• Strengthens muscles</li> <li>• Improves bone and joint health</li> </ul>

**Resources:**

1. (n.d.). Retrieved January 21, 2015, from <http://www.health.harvard.edu/fhg/updates/exercise-prescription-for-diabetes.shtml>
2. Lebrun, C. (2010). Exercise and Type 2 Diabetes: American College of Sports Medicine and the American Diabetes Association: Joint Position Statement. Yearbook of Sports Medicine, 162-163.
3. Physical Activity is Important. (n.d.). Retrieved January 21, 2015, from <http://www.diabetes.org/food-and-fitness/fitness/physical-activity-is-important.html>

