

Type 2 diabetes and exercise

- Exercise prevents type 2 diabetes. Exercise is especially useful in the treatment of type 2 diabetes.
- Even a brisk walk and commuting exercise every day prevent type 2 diabetes
- The onset of diabetes can be prevented with a lighter diet and the smallest amount of exercise
- Exercise raises the state of alertness and nourishes the body and improves functional capacity. Diabetes does not limit, nor is it an obstacle to exercising.
- Long-lasting, at least moderately strenuous and regular exercise as well daily physical activity together with a dietary change are protective from metabolic syndrome* (*Metabolic syndrome predisposes to arterial diseases, which are type 2 diabetes, myocardial infarction,



paralysis and halting gait. It comprises obesity, high blood pressure and disorders of sugar metabolism and blood lipids. It develops from the combined effect of lifestyle and hereditary factors.)

- Exercise of at least moderate intensity reduces insulin resistance* (reduced insulin sensitivity) and improves the body's glucose (sugar) and insulin metabolism and thus treatment balance.
- Exercise lowers blood pressure and helps with weight control. Adipose tissue decreases and muscle mass increases.
- Exercise lowers blood fat values (the concentration of good cholesterol or HDL increases) and reduces the risk of blood clotting.
- Little to no exercise, smoking and a diet rich in saturated fat, energy and salt are harmful to the body.
- Increasing good endurance and regular exercise are essential in the treatment of type 2 diabetes. Regular means at least every other day!
 - ❖ At least $\frac{1}{2}$ hour of brisk walking every day or moderate endurance-type exercise or brisk exercise in periods lasting at least 10 minutes.
 - ❖ The most important thing is to increase daily steps or other physical effort.
 - ❖ Walk, pole walk, jog, ski, swim, play or ride a bike! Choose a form of exercise you like or join a jogging group or team games. Increase a variety of everyday exercise: for example, going to work or shopping on foot or by bike.

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- ❖ Exercise also affects those tissues and organs that are responsible for the body's hormonal and neural regulation and fat, protein and sugar metabolism.
- ❖ Energy consumption increases with regular exercise, which has a positive effect on organ functions as well as health and basic metabolism.
 - ❖ Work out at the gym a couple of times a week, 6-10 movements, repeating 8-12 times in 2-3 sets, or work out at home with dumbbells or a rubber band.
 - ❖ Increase resistance and vary movements as fitness increases.
 - ❖ Before you begin exercise, consult your nurse or doctor.
 - ❖ Exercise can drastically lower blood sugar values, therefore, measuring blood sugar is important.

