Exercise & Diabetes

By David Arballo

What is Diabetes?
- the ADA defines it as the “body’s inability to change glucose from food into energy”; failed regulation of the hormone insulin (Sudden Illnesses, 2012, p. 280-83).

<table>
<thead>
<tr>
<th>Type I</th>
<th>Type II</th>
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<tbody>
<tr>
<td>Little to no production of insulin</td>
<td>Not enough insulin production</td>
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<td>Not common; thought to be an “autoimmune disorder” (MedlinePlus Medical Encyclopedia, 2015).</td>
<td>More common</td>
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<td>Insulin shots required</td>
<td>Risk factors include obesity &amp; being overweight</td>
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What can I do?
The American Council of Exercise (2013) recommends the following:

1. perform low-moderate intensity aerobic exercise at least 3-4 times/week for 20-60 minutes
2. perform low-moderate intensity resistance training at least 2 times/week at 1-3 sets/exercise for 10-15 reps

Don’t have the time to exercise, try elongating your daily activities by:

1. taking your grandkids for a walk in the park or zoo
2. taking the stairs instead of the elevator
3. parking your car further away from the grocery store or shopping center

* Information above credited by the National Diabetes Clearinghouse (2014)

** It turns out that exercise acts as insulin by increasing the uptake of glucose from the blood into the cells via muscular contractions (Colberg, S. et al, 2010).
Works Cited


