

## Exercising with Diabetes

Linked strongly to inactivity and obesity, Type 2 Diabetes disrupts the body's ability to regulate glucose levels. Plainly put, your blood sugar levels go up and down and need help being regulated. Fortunately research shows that a healthy diet and regular exercise can help control the damaging effects of diabetes. If you have diabetes it is imperative to being an exercise regimen under the direct supervision of both your doctor and your personal trainer.

Here are some tips to get you (or a loved one) started down the path to a healthier lifestyle with Type 2 Diabetes:

- Discuss your plan to exercise with your physician. Chances are, your physician has already encouraged you to exercise.
  - Exercise with a partner and let others know of your condition (or wear a bracelet indicating your diabetes).
  - Warm up and cool down. This will help your body transition easily into your exercise regimen without spiking your blood sugar levels.
  - Monitor glucose before and after exercise to understand how different activities influence your sugar levels.
  - Strength and flexibility training are vital. Start with low amounts of weight with high repetitions, especially if you have high blood pressure or poor blood sugar control. Follow up weight training with stretching.
  - Start your cardiovascular training at a low intensity and gradually build up.
  - Stay well-hydrated throughout your regimen. Hyperglycemia can increase fluid loss, so stay on top of it and drink plenty of water.
- With a regimented exercise program and a low-fat healthy diet it is not only easy to control your diabetes, but beneficial to your well-being!