

EXERCISE AND DIABETES

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Important Facts:

- *More than 150,000 Americans die each year from Diabetes and related complications.*
- *Regular exercise is a universally-effective method for preventing and controlling diabetes and its life-threatening complications.*
- *Exercise controls diabetes by strengthening circulation, lowering excess blood sugar by moving glucose from the blood stream to the cells where they can be used, and reducing inflammation-causing stress.*



Exercise Prescription:

- Unless diabetic complications mandate otherwise, diabetics can perform the same exercise regimens as suggested for the general population. Exercise at 55-85 percent of your maximum heart rate. (Subtract your age from 220, then multiply by 0.55 and 0.85, respectively, to find your target range.) Strength training should be of low to moderate intensity (12-20 repetitions per set).
- Safe training with diabetes: 1) Check your blood sugar levels before, during and after exercise. 2) Always keep a fast-acting carbohydrate, in case of a hypoglycemic emergency. 3) Train with a workout partner or trainer who knows the signs and treatment of hypoglycemia. 4) Check your feet before and after exercise for signs of swelling, to reduce risk of infection.