



Yet Another Boon for Regular Exercise and Diabetes Care

Submitted by Eric Durak, Wellness @ Home Workshops and The Cancer Wellness Company
www.FamilyCaregiverNetwork.com

We've been told for decades that exercise is part of the trilogy of treatment for diabetes care. Along with diet and insulin injections, exercise has been shown to lower blood sugar levels, and also keep chronic blood levels of glycosolated hemoglobin (A1c) under control, as well.

However, most physicians don't recommend exercise because they themselves may not know how to prescribe a complete exercise program, or they don't have local referral sources, or simply don't have the time to include exercise into their medical therapy program.

New research from the University of Minnesota may shed some light on the importance of exercise for both pre-diabetes (those with initial symptoms of diabetes – such as elevated morning blood sugar levels, high cholesterol, increased body weight, and general poor circulation), and those with diagnosed diabetes.

The report looked at post prandial (after eating) blood sugars (PPG) in persons who are considered healthy and not diagnosed with diabetes. They were required to reduce their daily activities, and PPG levels were monitored 30,60,and 90 minutes after a meal. It seems that even NOT exercising regularly had adverse effects on their PPG levels – increasing them by as much as 90% after a meal.

The amazing thing about exercise is that it exerts its effects very quickly. Sure, you will definitely reap long-term benefits, and exercise is well known to impact *chronic* diseases, but you'll also get *acute*, nearly instantaneous benefits as well.

However, the opposite also holds true, meaning slacking on your exercise program or being sedentary will disrupt your body's ability to regulate blood sugar, and this happens within *days*. There's simply no way around the fact that your body is meant to engage in regular physical activity. Try to buck this reality and you're asking for a slew of health troubles.

How to Use Exercise for Diabetes Prevention

One of the keys to using exercise to normalize your insulin and leptin levels, and thereby drastically reduce your risk of diabetes, is to do enough of it. There are three important variables with exercise:

1. Intensity
2. Frequency
3. Length of time

Intensity is KEY for an effective exercise regimen, and the beauty of high-intensity, burst-type exercises (such as stair climbing, quick runs, weight training) is that it also significantly cuts down on the amount of time you have to spend exercising.

The interesting aspect of the research from the University of Minnesota is that it looked at glucose levels in healthy individuals, not diabetics. Persons with diabetes may actually accrue more benefits from a regular exercise program. If it's possible to have an impact on post prandial exercise through a daily walking program – think of what a basic home fitness program would do for any person with diabetes – of

any age, on a daily basis. Saving blood sugars means reducing the risks for long term diabetes complications - which means better health AND reduced health care costs over time. It really is a win-win situation.

Reference

Mikus CR, Oberlin DJ, Libla JL, Taylor AM, Booth FW, Thyfault JP ., Lowering Physical Activity Impairs Glycemic Control in Healthy Volunteers. Med Sci Sports Exerc. 2011 Jun 28.
Accessed at: <http://www.ncbi.nlm.nih.gov/pubmed/21716152>

About the Author

Eric Durak is the President of Medical Health and Fitness in Santa Barbara, CA. He is the director of the Wellness @ Home program for home care professionals, and has worked his entire career in clinical exercise and The Cancer Wellness Company. Eric has produced award winning programs for wellness and fitness in diabetes, cancer, bariatrics, arthritis, and renal disease. He may be reached at 805-451-1745. Visit the their websites: www.MedHealthFit.com www.MyWellnessAtHome.com

©2011, All Rights Reserved by Eric Durak, Medical Health & Fitness

Posted on www.CaregiverClassDirectory.com, Sept-Oct 2011

File Name: ARTICLE_exercise_diabetes.doc