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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Visit your GP to get your
fasting blood glucose
levels checked!



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This fortnight's healthy topic...

Exercise Tip: Diabetes & Exercise



Type I diabetes occurs in childhood and is not preventable, whereas Type II occurs mostly in adults. At least 80% of people with Type II diabetes are overweight or obese, and 70% will die from cardiovascular disease.

Exercise is important to prevent and manage diabetes as it decreases blood glucose levels, increases insulin sensitivity and maintains a healthy weight.

Exercise tips for people with diabetes

- Warm up and cool down for 10-15 minutes to allow gradual changes in heart rate and blood pressure.
- Resistance training twice per week increases muscle which assists glucose tolerance and increases insulin sensitivity.
- Avoid temperature extremes. Poor thermoregulation is a complication of diabetes.
- Avoid high intensity exercise and holding your breath. It may contribute to damaged blood vessels in the kidneys and eyes.
- 30-60 minutes at low to moderate intensities 3-4 times per week is ideal for diabetics.
- Monitor your blood glucose levels before, during and after exercise to prevent hypoglycaemia.
- Do not exercise if systolic blood pressure is 180-200mmHg.

Exercise tips to prevent diabetes

- To increase your fitness and maintain a healthy body weight, participate in at least 30 minutes of moderate to high intensity exercise 3-4 times per week.
- If you're overweight but not a diabetic, participate in 45-60 minutes of low to moderate intensity exercise 3-4 times per week for weight loss.
- Increase incidental physical activity during the day to increase your energy expenditure to aid weight loss.

Here's to demystifying another health topic!

Yours in Health, [The Corporate Bodies Team.](#)