



MANAGING DIABETES WITH FITNESS

Manage Diabetes with Fitness
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Before practising the skills described in this book, be sure that your equipment is well maintained and do not take risks beyond your level of experience, aptitude, training, and comfort level.

Introduction

I want to thank you and congratulate you for downloading the book, “***Manage Diabetes with Fitness***”.

This book contains proven steps and strategies on how to manage diabetes easily with proper diet control and exercise routine.

Let’s look to knuckle down on the common causes of diabetes and to support persons living with diabetes. I aim to provide you with a guided tour into detailed knowledge and understanding of how to manage your diabetes through healthy nutritional habits and best exercise routines and lifestyle habits.

By the end of this ebook, you should be turning away with in-depth knowledge and understanding of your diabetic case, how to make sure your situation doesn’t worsen, how to formulate adequate food and training habits to manage your diabetes better and potentially reduce your current medication you may be taking now.

I have carefully selected the best practices for you to follow and made sure it is easily adaptable to any age and all diabetic cases. I hope you find this ebook educational, fun and insightful.

Thanks again for downloading this book, I hope you enjoy it!

About Me

A self-driven fitness educator, personal trainer, youtuber and social media influencer mostly known for my fun and ground-breaking ways to get people in shape. I aim to achieve the best results from my clients by coaching them in the best means of overcoming, physical and psychological obstacles to meet their targets. Besides all this, people tell me that they think of me as a motivation for them and many of other followers.

As the owner of Shape U, I have tried to craft my programs that fit accordingly to my clients and other followers. I dwell and exhibit by the aphorism that wellbeing is a feeling and not a look but believes passionately in my operation to get the world moving!

I have appeared in numerous fitness shows, competition and magazines as WBFF European Championship fitness model, Miami Pro European Championship Fitness model, Miami Pro UK Championship fitness model, Mister International Male Pageant, ActiveHearts Magazines Health Fitness, and Motivation Writer, MonstaMag (Fashion Magazine) – Male Fashion Model. I have also worked with some of the world's best photographers and got Published Articles on Fitness, Nutrition and Overcoming Physical Obstacles.

I am well qualified in Level 4 PT, Level 5 Business Management, Certified Exercise and Nutritional Interventions for Obesity & Diabetes, Level 3 Exercise Referral, Level 3 Award in designing Exercise Programs (pre-post-natal), Nutrition Adviser, Competition prep coach, and Fashion and Physique Model.

You can also find me on social media as Durwayne Mcpherson & ShapeU where I motivate, thrive and keep on inspiring the world to keep moving!

Chapter 1

What's happening inside your body?

Diabetes gets divided into mainly two types 1 and 2 which are different but equally dangerous. There are other types of diabetes also, but they are scarce.

Diabetes can lead to failure of the heart, kidneys, eyesight causing strokes and amputations. The whole family gets burdened with a financial hardship when there is a family member who has diabetes.

The common factor in all types of diabetic conditions is that the glucose or the sugar level in the person's blood is too high. But glucose is essential for the production of energy and is injected into the bloodstream after being obtained from food and drink that we consume.

The pancreas in the body produces a hormone named insulin that controls the passage of glucose into the cells for conversion into energy.

In a person without a diabetic condition, the pancreas produces the correct amount of insulin so that the cells get their supply of glucose from the sugar that enters the bloodstream. But this process does not work in a person having diabetes.

When you have diabetes, the pancreas fails to produce sufficient insulin and cells do not get their supply of glucose. The sugar level in the bloodstream starts increasing, and the high-level leads to various ailments.

The first symptoms of diabetes are a feeling of extreme thirst, tiredness and an urge to pass urine frequently. You may suffer from weight loss, get infected by thrush very quickly or have wounds that refuse to heal fast.

Get your weight under control...

We can manage your weight very quickly if you eat healthy food and do a lot of physical activity. Certain medicines, diseases, and stress are some of the things that can hinder weight management.

A healthy food habit and a well-managed weight leads to:

- Good management of diabetes
- Improvement in sugar, lipid and pressure levels in the blood.
- A reduction in the chances of having strokes or other heart conditions.
- An increase in the level of energy and wellness.

How can I help you?

This eBook is to support you by providing informative and educational insight into your diabetes as well as providing BEST practices for you to become Fitter, Healthier and more Toned.

This eBook will also have a 6 weeks workout program and Nutrition plan for you to follow to get the ball rolling on you getting into the BEST physical condition of your life.

Chapter 2

Challenges and Possible Solutions...

Solutions to any weight management problems can be found out by making plans beforehand.

Common challenges you already faced or Facing or Will face later on include:

- Not knowing where to start from
- Getting frustrated easily and giving up
- Having problems in maintaining the weight loss regimen
- Trouble in changing habits due to health problems
- No support from friends and family
- Opting unhealthy food under stress, boredom or depression
- Not being able to select the correct food or quantity to consume
- Wanting to take more food while under a diet
- Not getting the time to have healthy food or doing physical exercise
- Having trouble in getting healthy food or physical exercise when not at home.
- Believing that healthy eating and physical activity is costly or time-consuming.

My Professional Solutions

- Align your mind and attitude focused to follow my guidance right through to the end “Don’t let the distractions distract you”.
- I have customized my guide to easily be managed and set realistic goals for you.
- You must commit to this guide with your full efforts for maximum results.
- Avoid fad diets and fast food
- Believe in yourself.
- Understand this transitional process will take time for you to adjust to mentally and physically so just be patient and trust the process.
- Ask family and friends to support your journey.
- Book an appointment on my calendar for a consultation if are lacking in motivation or the programs need to be adjusted for you for extenuating reasons.

A little extra I think you should be aware of...

The shape and size of the human body differ from person to person. Feeling right about the changes that you have made in your behavior and food habits is the best thing. You should make a gradual change over a long time to make it more effective.

Diabetic patients should try to maintain the blood sugar levels within a normal range by taking a balanced diet and keeping their weights down...

- Losing weight and making changes to your habits can reduce blood sugar levels.
- Regular testing and reviewing can control your diabetic condition.
- Physical exercises or having less food will not cause low sugar levels.
- Some medicines prescribed for diabetes can cause changes in weight.
- The occurrence of ulcers in the feet, eye conditions or blood pressure that is too high may affect your regimen for physical exercises.
- You should consult your doctor or health-care expert before making changes to your habits to follow this guide.

Chapter 3

Essential Foods You Need To Know And Why...

It is not easy to know which foods to consume when living with Diabetes. The value of different types of foods in Diabetes gets defined by their ability to help with controlling blood sugar levels and protecting from potential complications like heart disease.

Let us have a look at some of the essential foods to consider when managing your diet:

- **High protein foods**

High protein foods include fish, eggs, and legumes. Proteins help in building and maintaining the integrity of structural components of the body such as muscles. They are also instrumental in the formation of other vital cells such as red blood cells.

Most high protein foods are also excellent sources of essential minerals which are crucial to efficient functioning of the immune system and prevention of complications. At least one or two portions of this group per day become necessary.

- **Nuts**

Nuts provide an excellent low-carb option with immense benefits in reducing blood glucose concentrations, insulin, and low-density Lipoproteins (LDL). They are also known to be rich in fibers, which play a crucial role in the performance of the digestive system.

Great examples include Macadamia, Hazelnuts, Almonds, and Pistachios.

- **Green vegetables**

Greens are a well-established source of vitamins and essential minerals. These nutrients are central to the function of various antioxidants which shield us against many disorders.

A good example is a Macular degeneration which is one of the most typical complications of Diabetes.

- **Broccoli**

Broccoli offers a high-value, low-calorie option. It is known to provide various unique compounds which help with improving the body's immune system.

- **Cinnamon**

Cinnamon is known to reduce blood glucose levels while enhancing insulin sensitivity. Some studies have shown that it can minimize Cholesterol levels by 18% and lower blood sugar concentration by about 24%.

- **Fish**

Omega-3 Fatty acids are essential in preventing Diabetes complications such as stroke and heart disease. Fish is a rich source of omega-3 fatty acids thus making it an excellent addition to your diet.

- **Greek yogurt**

Greek yogurt is a good source of Probiotics. These get linked with the product's ability to effect on levels of blood sugar and the overall risk of heart disease. It is also a known rich source of proteins on top of assisting with keeping your appetite at healthy levels.

- **Chia seeds**

Chia seeds make a great source of fibers with low levels of digestible carbohydrates. Their high concentration of fibers helps you to avoid consuming excess carbohydrates by inhibiting the hunger sensation.

- **Flax seeds**

Flax seeds also provide a rich source of fibers but what makes them unique is that they contain a class of compounds known as Lignans. These are known to have a positive impact on blood sugar levels and the risk of heart disease.

Furthermore, they are believed to impact on insulin sensitivity.

- **Turmeric**

On top of reducing levels of blood sugar, Turmeric has been shown to improve the overall wellbeing of kidneys. This is crucial as it is a fact that kidney problems are one of the most typical complications in Diabetics.

- **Eggs**

Eggs are another excellent source of HDL cholesterol, which is considered to be safer than LDL cholesterol. The yolk is also an abundant source of nutrients which positively impact on various systems of the human body.

- **Apple cider vinegar**

Apple vinegar is also another great source of nutrients, essential in increasing insulin sensitivity as well as blood glucose levels.

- **Garlic**

Garlic has multiple benefits which include reduction of blood glucose and LDL cholesterol. It helps to decrease overall blood pressure.

- **Extra-Virgin olive oil**

The unique feature associated with virgin olive oil is that it has supplies of Oleic acid, which has been shown to impact on the levels of cholesterol and Triglycerides. This, in turn, reduces the risk of complications associated with type 2 diabetes.

- **Strawberries**

Strawberries assist in the reduction of cholesterol levels as well as improving insulin action and concentration. This renders them helpful in reducing overall blood sugar levels thus improving the overall health status of diabetics.

- **Fruits and vegetables**

While they present the best sources of vitamins and minerals, they are low on carbohydrates and help to bring a healthy level of variety to your meals. They are essential foods in the management of Diabetes and its related complications.

It is generally healthy to ensure that you consume not less than five portions in a single day. These can be in the form of fresh fruits or semi-processed products available on the market.

A Little Extra You Should Be Aware Of:

The following points should serve as important principles to consider when managing your diet...

- There is no exact standard regarding how much you eat. Modifications should be made depending on various factors including gender, age, lifestyle, and personal goals.
- There is no one-size-fits-all solution regarding the type of food you eat. Different foods have different proportions of nutrients; therefore, I have made sure to utilize variations foods sources based on the primary groups of foods.

Chapter 4

Foods And Products You Need To Avoid And Why...

Healthful consumption of food is essential for both Diabetics and those unaffected by the disease. Whatever you eat has a significant bearing on your management of the disease which translates into an impact on your overall wellbeing.

- **Carbohydrates (Starch foods)**

Starchy foods are the critical source of glucose, which is the substance used in the production of energy used by the body's cells. Some of the best sources of starch include bread, rice, and wheat.

These have an abundant supply of fibers which are essential in the proper functioning of the digestive system. It is therefore prudent to always ensure there is a good supply of starch in all your main meals.

- **Dairy foods**

Dairy foods are excellent sources of calcium and proteins. Calcium is crucial in maintenance of bone and teeth integrity. While dairy foods are a vital source of protein and calcium, it is also crucial to remember that they can be sources of saturated fat, which is a known contributor to heart and blood vessel problems.

Therefore, it is essential to take the necessary steps to choose products with healthy levels or non-saturated fat. Regarding amounts, a single portion is enough on a daily basis.

- **High sugar and fats**

Avoiding foods with high fat or sugar concentrations is essential. Much as these foods may be attractive due to their taste and appeal, they can quickly increase your sugar levels in a short period. Always go for low-calorie alternatives like natural fruit juice, but also inappropriate amounts as too much can also have the same effect.

When it comes to oils, always go for sources of unsaturated fats such as olive oil, sunflower, and rapeseed. On top of protecting you from ingesting high concentrations, they are also sources of various minerals which assist with heart function.

- **Salt**

It is well-established that excess salt can have detrimental effects especially when you have Diabetes. Therefore, it is imperative to control the amount of salt present in your food. One of the most recommended ways to do this is to try as much as possible to have your food prepared from home.

The reason behind is that processed food can have excessive amounts of salt and other inappropriate substances which may not get noticed during ingestion. Regarding numbers, it gets recommended that you have utmost one teaspoon of salt in a single day.

- **Coeliac disease and Type 1 diabetes**

Coeliac disease is an autoimmune disease which involves inflammation of the digestive system's lining as the body's autoimmune response to a substance called gluten. The condition is common Type 1 Diabetes populations.

Chapter 5

How Bodybuilding Can Helps Us Deal with Diabetes?

In the current life situation, most of us have resorted to the gym as a way of staying healthy. This gets evidenced when we turn around and see how increasingly protein supplements, healthy eateries, and meal preparation services are mushrooming in the market.

As such, we have only a few cases of diabetic bodybuilders. The reason why we tend to give up on our bodybuilding and fitness goals gets attributed to the fact that we are wary of falling prey to high or low blood glucose, negligence and failing to observe healthy feeding lifestyles.

Training techniques

It's been proved that weight training can help to cut down on diabetes risk. Study findings by the National Institute of Health have indicated that doing aerobics regularly, such as swimming, biking, and jogging can ease many health risks including cancer, and a heart condition as well as diabetes.

Scientists still bear the belief that consistent strength or weight training could also help us avert the diabetic menace.

The American Diabetes Association suggests strength training every week for everyone – even those of us suffering from chronic health conditions. Weightlifting does not only help to ease type 2 diabetes symptoms; but if we incorporate aerobics in our workout plan, it allows us to lead a healthy life.

Enjoying the fruits of strength training

Diabetes is the result of our body's failure to deal with glucose and sufficiently utilize insulin effectively.

Strength training can help us avert the problems in this manner:

- The lean muscle mass we are experiencing could help to enhance our metabolism; hence, allowing our bodies to expend calories even faster.
- The blood sugar level in our bodies gets regulated due to our body muscles' ability to maintain glucose following training.
- Training helps to reduce the fat-to-muscle ratio of our bodies; thus, lowering insulin requirement in the body and enable energy storage within fat cells.

Here I strongly feel, when those of us suffering from type 2 diabetes incorporate aerobics in our weight training program, we are assured of achieving positive results. Unlike alone, when combined, the two types of training bring about improved health results.

Chapter 6

Starting a Weight-Training Routine

Diabetes can be due to many reasons. It could either be hereditary or as a result of your diet. However, your body can be trained to avoid susceptibility to a lot of diseases. With weight training, specific muscles of your body get trained.

Weight training requires a set of activity aimed at training different parts of your body like the bicep and triceps. Weight training offers numerous benefits to your body. It correctly works to prevent susceptibility to heart diseases and also acts to stabilize the blood pressure.

With old age comes bone degeneration and weakness. However, the set of activities involved in weight training can help strengthen your bone and prevent degeneration and general weakness.

Weight training is to be done at least two to three times a week. It is crucial that you take at least one day off between the days as too much activity with no time to rest can place a significant strain on your muscles.

You should also set your timer to about 20 to 60 minutes for each session. For exercising your lower and upper muscles, some 8 to 12 weight exercises per session get recommended.

Intensity

Weight training runs between sets and runs, and as such, the intensity of each can vary. It can be between low to moderate level intensity depending on what you wish to do. With low intensity, the weights are lighter and involve two to three sets of 15 reps.

Training on a moderate intensity requires heavier weights with 2 or 3 sets of 8 to 12 reps.

Rep is a completed motion or movement.

Set is many reps performed together separated by a short rest duration.

Equipment you may need:

Exercising the major muscles of your body requires specific equipment. Some of them are:

- Hand weights
- Elastic bands
- Weight machines, etc.

Chapter 7

Significance of A Personal Trainer to Diabetic Patients

Diabetes is a serious health concern. Today, there are over 425 million people worldwide living with diabetes. Once you get diagnosed with diabetes, the best course of action is learning how to manage it and keep your health on track. This is where as a personal trainer I come in handy.

I promote healthy living, management, and prevention of diabetes.

Why a Personal Trainer is important?

It is imperative to know that diabetes management is fundamentally dependent on lifestyle, diet, exercise, and medication. While training provides an array of health benefits, they pose some challenges to diabetic people. That is why you need a personal trainer.

Are you worried because you do not know where you start?

Do not fret...

There are simple ways to live with diabetes which including eating well and being active. These two measures work in tandem with each other. Eat food lower in calories and more fiber.

So, My Course of Action...

First, I will design an exercise program that fits perfectly match your fitness level. The best part is that I will be alongside while you work out. The plan will be safe and consistent. I will show you how to use cardio equipment and lift weights safely and adequately.

You are probably wondering why strength training is essential for diabetes health. Diabetic people should always check their weight. When your blood sugar level is at an optimum level, you will reduce the likelihood of problems caused by diabetes such as pain, heart attack, stroke and kidney problems.

When you engage in strength training, you increase your muscle mass and hence increase insulin sensitivity. You should increase your muscle strength and stay at a healthy weight.

High-intensity exercise may result in hyperglycemia which is high blood sugar. On the flipside, low-level activities will burn energy but have a minimal effect on glucose levels. Moderate level exercises have a considerable blood glucose lowering potential.

However, they cause low blood glucose (hypoglycemia).

How to Exercise When you are Diabetic

I always advise people coming to me with Diabetes that exercising is a great way to avoid long-term complications. It keeps your heart healthy and active and helps you maintain good cholesterol.

To help prevent injuries and ensure that you achieve good results, I further recommend them to follow these rules:

- **Consult Your Doctor**

Before you begin exercising, you should talk to your doctor. Your doctor will check your heart health for blocked arteries, high blood pressure, and any other related complications before giving you a clearance to go ahead with your exercise.

- **Follow the Script**

Always maintain a good posture during the workout and ensure that you perform each exercise as required. Focus on your form even if it means that you will use less weight.

- **Breathe Regularly**

Regular breathing is quite crucial when exercising. Ensure that you exhale as you lift the weight and inhale when lowering it.

- **Use variety**

As you progress with your workout, your body gets used to the exercises and reaches a point where it does not respond. Therefore, change your workout or the number of sets in your training from time to time to keep your body active.

- **Ask for help**

Exercising alone can be a daunting task, and you may not know which direction to take. I would advise that you join a weight training class near you or work with a trainer.

- **Don't Overdo It**

Start the exercise slowly, building up into more minutes in a day. Once you feel a muscle or joint pain, stop and rest.

Chapter 8

My Nutrition Therapy Goals

Based on my patient's clinical reports, I suggest them about portion control, and their possible lifestyle changes. The nutrition therapy goals for persons with diabetes have significantly evolved in the recent past.

They include:

- Improving overall health by promoting and supporting healthy eating patterns, a variety of nutrient-dense foods and proper portions.
- Attain personalized blood glucose control, blood pressure, and optimal lipid goals.
- Achieve and maintain cholesterol levels for healthy body weight goals.
- Reduce or prevent risks and complications of diabetes.
- To individualize nutrition needs, I always advise according to the individuals personal and cultural preferences, healthy food choices access, health information, ability to change, and hindrances to change.
- To allow diabetic persons to enjoy eating without fear, by providing the right information about food choices, and only limit these choices when supported by scientific evidence.
- To provide practical tools to the diabetic persons, to help them with daily meal planning rather than the individual micro and macronutrients.

What the management of diabetes aims to achieve overall, is the regulation of blood sugar to near normal levels. The overall glucose control gets determined by the number of carbohydrates in the food.

The recommendations from the American Diabetes Association are as follows:

- For an improvement in health, the intake of carbohydrates through vegetables, fruits, whole grains, legumes, and dairy goods is advised over the other sources particularly those comprising of added fats, sugars or sodium.
- Observing the carbohydrates is an essential tact in obtaining glycemic control. The monitoring gets efficiently conducted by carbohydrate counting or experience-based evaluation.
- To enhance the glycemic control, you may replace the low glycemic load foods for higher glycemic load foods. The substitution of sucrose-containing foods for isocaloric quantities of other carbohydrates may exhibit similar blood glucose effects so the consumption must be decreased to avoid the displacement of nutrient-dense food preferences.
- The diabetic patients must necessarily consume the ideal amount of fiber and whole grains recommended for the general public.

- The usage of non-nutritive sweeteners has the potential to decrease an overall calorie and carbohydrate intake if there is no compensation by the consumption of additional calories from other food items.

A diabetic individual on a 1600 calorie diet must receive 50% of these calories from carbohydrates. This would sum up to be 800 calories of carbs (4 calories per gram) evenly distributed throughout the day. It would consequently be 13 exchanges of carbohydrates per day.

Furthermore, the supplementation of vitamin D has also gained a lot of concern recently due to some favorable verdicts from observational studies. The pooled data from vitamin D interference is, however, very conflicting and lacks convincing evidence supporting the relationship between diabetes risk and a regular Vitamin D supplementation.

For the general population, it is highly advocated to reduce the sodium intake to less than 2300 mg/per day which is also suitable for diabetic patients. The individuals with both diabetes and hypertension must further demote the sodium intake individually.

I personally recommend to boost the dose of antioxidant vitamins because diabetes is a condition of grown oxidative stress.

Chapter 9

Workout intensity

During exercise, our bodies need more energy which means that our muscles need more glucose to supply this energy. Therefore, if the body does not have enough insulin, it means that our blood glucose levels can shoot up right after exercise. What this means is that our exercising muscles are demanding glucose, which stimulates the body to pour glucose into our bloodstream.

Outlined below are some recommended workout styles for persons with diabetes:

High-Intensity Interval Training

Interval training is quite beneficial especially for people with type 2 diabetes. It is also a very flexible form of exercise.

High-intensity interval training has shown positive results, fuelled by research which has been demonstrated that small amounts of interval training are as beneficial to the health as the longer traditional cardiovascular exercises, like long stretches of jogging.

A notable advantage of interval training is that it can be incorporated into the day before work, before lunch, or at any free moment. It is also quite convenient for people who lead busy lifestyles.

What is interval training?

Interval training is short bursts of exercises with a rest break in between each batch of practices. Each new exercise has increased intensity from the previous activity period. The new bout of exercises should be intense enough to work the heart and leave you with deeper breaths.

Who is High-intensity interval training for?

High-intensity interval training (HIIT) is a suitable exercise for most people, right from those who have not exercised in several years to those who exercise regularly like the athletes.

Research has also found that HIIT is a useful and practical form of exercise for people with

type 2 diabetes.

It is advisable that you consult your doctor before starting the interval training, especially if you have not been exercising regularly, or you have a chronic health condition.

Benefits

We all look for the benefits we derive from any exercise we undertake. HIIT, like any other suitable exercise, has benefits for your heart, blood glucose levels, and mental health.

The following benefits are associated explicitly with interval training:

- You don't need a lot of time to exercise, and it can last for only 10 minutes.
- It is very flexible, and you can choose from a wide range of exercises.
- It is suitable for people who have not been exercised for a while.
- They are as effective as more prolonged periods of regular exercise.

How to follow HIIT

The aim is to ensure that you tire your body during each bunch of activity and then you take a short rest before another bout of exercise. While resting, keep on moving lightly, but do not entirely stop. For example, if your intense activity was sprinting, slow down to a jog then to walk during your rest period.

At the end of each intense activity, and by now your heartbeat must have risen considerably high, and you must be surely breathing deeper.

The time you take in each type of HIIT can vary from one example to another. However, the typical length is between 10 and 20 minutes.

Examples of high-intensity interval training include:

- When beginning HIIT, try a 30-second intense activity with 90 seconds rest periods in between.
- When you get used to the interval training, you may extend by doing 3 minutes of exercise followed by a 1- minute rest.

Although the training is aimed at making your heart work faster, do not push your body too hard before it is ready. Start gradually and increase the pace gradually with each new exercise session.

Chapter 10

Which Exercises are involved?

The good thing with interval training is that you can choose from a wide range of exercises.

The exercises you can choose to include can be any of the following:

- **Running**

Running helps in improving the body's sensitivity to insulin which makes it an ideal activity for diabetic people. It helps in combating insulin resistance which makes it suitable for people with type 2 diabetes. What makes running high is that it is a form of exercise which can be tailored to suit your demands, unless you are running races.

Running is beneficial in improving your health as well as losing weight in a very manageable way for diabetic people. It also brings about a lot of satisfaction and reward.

- **Bicycling**

Bicycling makes your heart stronger, and your lungs function better, while at the same time it can be a form of aerobic exercise. Diabetic people can benefit immensely from a stationary bike since they can exercise indoors regardless of the weather, and you will not have to worry about getting a flat tire on your way home, or falling.

Bicycling is a great way to improve blood flow to your legs, which is a great benefit for people with diabetes, and it burns lots of calories to keep your weight at healthy levels.

- **Walking**

People with diabetes are encouraged to walk as this is one of the easiest and relaxing forms of exercise, which can be done practically anywhere. It is very popular and highly effective in controlling blood glucose levels. Diabetic people can benefit immensely by walking for 30 minutes to an hour every day.

When you exercise, your muscles absorb the blood sugar and prevent it from building up in the bloodstream. This effect is not permanent and lasts for hours or a few days. For you to get continued blood glucose control, you need to walk regularly. F

This is a significant benefit since people with diabetes are at an increased risk of heart disease. Regular walking burns calories, which is helpful in weight control, which eventually reduces health risks.

- **Yoga, Pilates, and Tai Chi**

Yoga goes beyond just relaxing your body and mind – especially if you have diabetes. Certain yoga poses can help lower blood pressure and blood sugar levels and improve circulation,

which is why many experts recommend yoga for diabetes management. Regular yoga practice may reduce the risk of other diabetic complication like heart disease.

Pilates help your body to maintain regular blood sugar and normal insulin levels in a better way. Pilates come quite in handy if you are overweight, at risk for diabetes or have diabetes. Other than the risk of diabetes, high blood sugar can harm your body in different ways like inflammation, causing wrinkles, damage to kidneys, and increased risk of heart disease.

Stress can make controlling diabetes quite hard. Tai Chi can improve the control of diabetes since it promotes mental relaxation and averts stress. The main problem of diabetes is the resulting complications like heart disease, stroke, and visual impairment.

Tai chi works by combining slow and flexible movements with deep breathing and mental pictures to build balance, flexibility, and balance. According to studies, tai chi has sound effects on heart health fitness, the strength of the muscle, balance, blood circulation, as well as reduced stress and anxiety. These are essential in minimizing diabetic complications.

• **Strength training**

Strength training is quite beneficial for persons living with diabetes. To increase your muscle mass, you need things like weight training and push-ups. Since muscles use glucose during exercise, strength training can help you regulate your blood sugar. For useful results, it gets recommended that you train for up to 30 minutes, three times a week.

It gets recommended that you do other exercises in between, to give your muscles time to heal. Ensure that you do between five and ten different types of exercises. Start slow and work your way up.

Before using any equipment or doing any exercise, ensure that you understand the safety rules to avoid hurting yourself. If you are in a gym, ensure that there is a trainer who will guide you on how to use the exercise machines correctly. If you are a gym freak, you can buy DVD's or stream online videos.

• **Weights**

Contrary to popular belief, weight lifting isn't just for bodybuilders. Adults are supposed to engage in muscle-strengthening activities at least twice a week. Weight-lifting is particularly beneficial for people diabetic people. Resistance training, which is also known as strength training, gives your muscles more room to store extra carbs in the form of glycogen for energy, which lowers your blood sugar levels.

Resistance training is also excellent in boosting metabolism to help in burning more calories. To start with, use resistance bands for up to three times a week. Every 15 to 20 minutes and slowly increase the number as you get stronger and confident.

It is also possible to combine two different types of exercise in one exercise, like a set of squats followed by a set of push-ups, then your rest period. If the above options are too challenging, you can start with walking.

Combining HIIT with an intermittent fasting diet is very popular amongst people who are looking to improve their health and fitness. They are useful in combating insulin resistance.

The types mentioned above of exercises are highly effective for diabetic people. Besides decreasing stress and reducing depression, they also reduce body fat, regulate the nervous system, and you can do them as much as you want. You can join training in your neighborhood, or buy videos for a private home session.

Final word

Each diabetic client requires an effective exercise strategy that is modified according to health status, physical activities, exercise responses, goals and bodily functions. Exercise and embrace healthy living.

Uncontrolled diabetes can lead to several serious diseases. Strive to start positive behavior changes, no matter how small, to help you achieve and maintain a healthy weight and improved overall health.

However, any amount of physical activity is better than none and every minute you spend exercising is valuable and will work towards reducing chronic health issues like heart diseases.

Note that, eating foods which might help in keeping inflammation, insulin, and blood sugar under control which can dramatically reduce the risk of you developing any complications.

Conclusion

Thank you again for downloading this book!

I hope this book will help you to “**Manage Diabetes with Fitness**” through diet control and physical exercises.

The next step is to follow the tips mentioned in the book, but it’s always advised to first consult your doctor in case there’s some confusion.



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