

PHYSICAL ACTIVITY & TYPE 2 DIABETES



INCREASING PHYSICAL ACTIVITY CAN



- Help to prevent or delay Type 2 Diabetes by managing risk factors
- Improve the management of blood glucose, which can lead to reduced Diabetes medication
- Improve muscle and bone strength
- Increase heart and lung fitness
- Improve blood pressure
- Improve sleeping habits
- Decrease body fat
- Decrease risk of heart disease



ESSA:
EXERCISE & SPORTS SCIENCE AUSTRALIA

www.essa.org.au

WHAT EXERCISE IS BEST FOR PEOPLE WITH TYPE 2 DIABETES?

Aim to include a combination of aerobic and resistance training. Aerobic exercise (e.g. walking or running) increases heart and lung fitness, while resistance training (e.g. lifting weights) can maintain and increase muscle and bone strength. Importantly, combining both aerobic and resistance training has recently shown to be more beneficial in reducing blood glucose levels in people with Type 2 Diabetes.

TYPE OF EXERCISE	INTENSITY	DURATION	FREQUENCY
Aerobic exercise (for heart and lung fitness)	Moderate Vigorous	Total of 210 min per week Total of 125 min per week	On at least 3 days a week with no more than two days in a row without exercising
Resistance training (for muscle and bone strength)	Moderate to vigorous	60 minutes per week (included in totals above)	2 or more times per week (2–4 sets of 8–10 repetitions)



WHY USE AN ACCREDITED EXERCISE PHYSIOLOGIST (AEP)?

AEPs specialise in clinical exercise prescription and delivery of exercise and lifestyle modification programs for people who are at risk of, or living with a chronic disease.

In the first appointment an AEP will determine your health status (including potential risks and likelihood of presence of comorbidities), exercise/physical activity goals and strategies, and design and develop exercise programs to suit you.

Your AEP is an important member of your Diabetes management team and is available to help guide and support ***you on your*** journey to better health.

To find an AEP in your area visit www.essa.org.au/find-aep/

