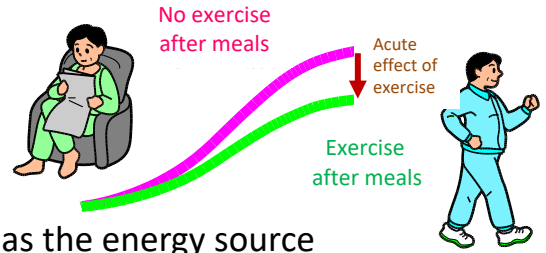


Keys to successful exercise therapy

★ Advantages of having regular exercise:

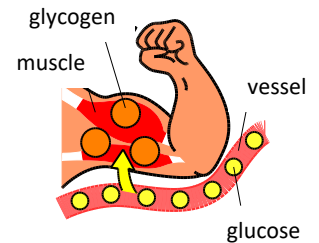
- **Helping reduce BG**

Exercise helps promote consumption of glucose as the energy source and is particularly effective when performed within 1 or 2 hours after meals.



- **Making glycemic control easier**

Exercise therapy promotes muscular uptake of glucose, which, in turn, helps reduce in BG.



- **Helping reduce body weight**

Exercise therapy promotes consumption of energy, which, in turn, helps reduce or maintain body weight.



- **Enhancing cardiopulmonary function**

Exercise therapy helps improve circulation and lower blood pressure, which, in turn, helps prevent DM complications.

- **Increasing “beneficial” cholesterol**

Exercise therapy helps increase “beneficial” cholesterol (HDL cholesterol) and thereby prevent atherosclerosis (tightening or stiffening of your arteries).

- **Other benefits**

Exercise therapy also helps **build your muscles**, make it easier for you to move, and increase your physical activity. Moreover, it helps **strengthen your bones** and **relieve your stress**.

It is important that you continue with exercise therapy comfortably, pleasantly, and regularly. ★

30 to 60 minutes a day



★ What are important for exercise therapy for diabetic patients

It is generally accepted that aerobic exercise and muscle (resistance) training are effectively combined in exercise therapy.

- **Aerobic exercise** → *at a comfortable pace that you are still able to chat.*

Walking or slow jogging



Radio gymnastics



Swimming or wading (water walking)



- **Muscle training** → *intended to help increase your muscle strength and mass.*

Squats using chairs

Calf workouts

★ Points to keep in mind in doing exercises

Start with low-impact exercises!

- *Be sure to check with your doctor first before starting exercises*

Some patients with complications or insufficient glycemic control might as well refrain from exercises.

- *Do not forget to do a warm-up and a cool-down before and after an exercise.*

Be prepared for unexpected injuries and accidents.

- *Do not push yourself too much.*

Refrain from exercises when you feel ill or in poor health.

- *Be sure to remain hydrated and shielded from sunlight.*

Take this to heart particularly in the summertime.

- *Beware of hypoglycemia when under pharmacotherapy.*

Be sure to take appropriate measures against potential hypoglycemia, e.g., self-monitoring BG and having dietary supplements ready for use.

