

Exercise Tips and Guidelines for Type 2 Diabetics



Kim Farmer

Individuals suffering from pain or discomfort as symptoms of diabetes often avoid exercise for fear of exacerbating the problem. Due to glucose monitoring, hypertension (which often accompanies the disease), or fatigue due to excess weight, it is much easier to make the decision not to exercise or get minimal amounts of exercise. However, exercise has been proven as an effective form of therapy for diabetics--these points illustrate how:

Regular exercise improves glucose tolerance and insulin sensitivity which is important in the everyday lives of diabetics. However, these improvements are seen over a period of consistent, regular exercise rather than one day here and there. Just as with the average, healthy population, diabetics must find time (and energy) for daily exercise. When you are exercising, your body needs extra energy or fuel (in the form of

glucose) for your muscles.

For short bursts of exercise, such as a short sprint to catch a bus or running to get out of the rain, the muscles and the liver can release stores of glucose for fuel. With continued moderate exercising, however, your muscles take up glucose at almost 20 times the normal rate. This can lower blood sugar levels. On the other hand if you engage in higher intensity exercises, the opposite effect is true and your blood sugar levels increase since the body recognizes the intense exercise as stress and releases stress hormones that tell your body to increase blood sugar to fuel your muscles. **You may need insulin after an intense workout which is why you should monitor your glucose levels.**

Proper nutrition must also play a role in combination with physical activity for weight reduction since higher levels of body fat is present in 4 out of 5 diabetics which often lead to obesity. In order to maintain a certain blood glucose level you must balance your food intake with your physical activity and medication or insulin. **Carbohydrates play a key factor in altering your glucose levels since it can raise levels if you eat more carbs than usual and vice-versa.** Find the balance that works for you and your body type so that you feel good throughout the day and continue to do the things you enjoy doing.

Most type 2 diabetics should participate in low impact activities like walking, cycling and swimming.



Light strength training is also important in order to increase muscle mass and help lower insulin levels, and it also has a profound impact on helping people manage diabetes. According to Web MD, in a recent study of Hispanic men and women, 16 weeks of strength training produced dramatic improvements in sugar control that are comparable to taking diabetes medication. Additionally, the study volunteers were stronger, gained muscle, lost body fat, had less depression, and felt much more self-confident.

Ideally people with type 2 diabetes should exercise at least 20 min-

utes per day most days of the week including strength training but ideally exercise should occur every day. Each session should include a 5- to 10-minute warm-up and at least 15 to 30 minutes of continuous aerobic exercise (such as walking or biking) or muscle strengthening exercises, followed by a 5-minute cool down and light stretching. Never ignore pain! If pain worsens or doesn't subside, see a healthcare professional. **Pay attention to your footwear since proper shoes and foot care are essential for diabetics!** One in five people with diabetes who seek hospital care do so for foot problems.

Exercise is not only appropriate but highly recommended for people with type 2 diabetes so try to fit it in most days of the week!

Thanks for reading!

Kim Farmer
Mile High Fitness
kfarmer@milehighfitness.com

In-Home Personal Training Services

Achieve your fitness and health goals by working with one of our Certified Personal Trainers in the comfort of your home, fitness center or our studio.

Guaranteed results, simply done.

Rates start at \$35/session
Just mention this ad!

Kim Farmer
Phone: 720-436-3899
Email: KFarmer@MileHighFitness.com
MileHighFitness, LLC



Fitness Made Simple



SOCIAL SECURITY

Social Security is Home for the Holidays



By Rose Fortune

It's the holiday season. That means time to do the holiday shopping, prepare the festive dinner, decorate the house, invite the guests, wrap the gifts, write and send the holiday greetings. Not to mention, it also means the usual time-consumers, like working, taking care of the family, and doing all of the daily chores.

There's a lot to do during the holiday season. Probably the last thing on your list is spending precious time at a Social Security office (or on the phone) waiting to conduct business — especially if you don't need to. However, if contacting Social Security is something you need to do during the holiday rush, let us give you some tips on the best way to save yourself some time and still get your business done.

The busiest times for Social Security field offices and the agency's toll free telephone number are early in the week and early in the month. So if your business can wait, it's best to contact us at other times. The same is true during the holiday season —

especially the week between Christmas and New Year's. If you must do business with Social Security during the holidays, you may experience more busy signals on the telephone and longer wait times in local offices.

There's an even better way to conduct your business: online at www.socialsecurity.gov. There you'll find a wealth of information and online services. For example, you can apply online for Social Security benefits or for Medicare, and then you can check on the status of your pending application. If you already receive Social Security benefits, you can go online to change your address, phone number, or your direct deposit infor-

mation, get a replacement Medicare card, or request a proof of income letter.

Visit our website at www.socialsecurity.gov and save yourself a call or a trip to our office. It's fast, easy, and secure to conduct your business with Social Security online.

But if you do need to speak to a Social Security representative one-on-one, we'll be there for you. Call us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local Social Security office.

Rose Fortune
Public Affairs Specialist
Social Security Administration
rose.fortune@ssa.gov

Advertise in the African American Voice!

To place an ad or for more information, call: 719.528.1954