

# Type 2 Diabetes

## Information & Management

Learn about Type 2 Diabetes and How To Manage  
Via Exercise

### What is Type 2 Diabetes?

Type 2 Diabetes involves the pancreas and insulin. When blood sugar levels are high, a hormone called insulin is released by the pancreas which helps muscle and liver cells to take sugars in. This reduces blood sugar levels. In Type 2 Diabetes, the cells are unable to take in blood sugars. As a result, the pancreas produces more insulin yet the cells are still unable to take the sugars in. The repeated cycle of this causes the pancreas to be overworked and it eventually starts to produce less insulin.



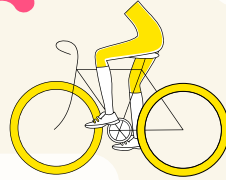
### Exercise aims and recommendations

Being active with Type 2 Diabetes helps you to manage it and in some cases, along with treatment and dietary changes, helps you to reverse the disease.

Do some exercise on most or all days of the week, progressing gradually towards the following levels of exercise:

- 150 minutes per week of aerobic exercise such as brisk walking, cycling or swimming over 3 or more days per week -or
- 90 minutes per of harder exercise such as jogging, faster cycling or swimming
- Weight bearing exercise such as climbing the stairs or exercise with weights on 2 days per week. Do 1-4 sets of 10-15 repetitions, progressively increasing the difficulty over weeks and months

\*All increases in physical activity are beneficial. If you feel the recommendations are too much, start at level you are comfortable with.



### Treatments

Treatments aim to keep your blood sugars at safe levels. You will usually be offered Metformin in the first instance but there are many treatments to try if you find it unsuccessful. Medications do not cure Type 2 Diabetes. The best way to reduce the risk of increasing medications and worsening health is to adopt positive lifestyle habits such as increasing physical activity and making dietary changes. Making changes can be challenging so be sure to get the support you need, to help you along the way.



### Considerations for exercise

It may take some time to get used to adjusting medication doses when beginning an exercise program as there is no, one size fits all recommendation.

Check blood sugar levels before and after exercise. If hypoglycaemia occurs, cease activity and consume 10-15 grams of carbohydrate.

Nocturnal hypoglycemia post exercise is a risk so if exercising in the afternoon or evening, a pre-bed snack may be appropriate. Monitor glucose prior to bed time.

If doing a mixed aerobic/resistance exercise session, doing resistance exercise before aerobic exercise may help maintain stability of blood sugars.

### References

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