

# Prediabetes: Getting Active

One of the best ways to reduce insulin resistance when you have prediabetes is to get active. Exercise, any form of exercise, but especially aerobic and resistance activity can have a positive effect on the way your body uses glucose and can delay or prevent Type 2 Diabetes.

Exercise helps you manage your blood glucose level in several ways.

First, exercise burns calories which can help you lose weight. Being overweight is a key risk factor for prediabetes and insulin resistance. Losing weight is one of the best ways to reduce insulin resistance and avoid many of the long-term complications of diabetes.

Second, when you exercise, your body burns a form of glucose stored in your muscles. After an exercise session, your body moves glucose from your bloodstream into your muscles to restore what was burned during exercise. The glucose level in your bloodstream goes down, leading to better blood glucose control.

And finally, the more you exercise, the better you feel and the more you are able to do. With increased energy and physical fitness your body will begin to burn more calories and glucose doing every day activities, further helping you manage your blood glucose levels.

No matter what your age, weight or current activity level is, exercise can help you reduce insulin resistance and improve your blood glucose levels. Everyone should get at least 30 to 60 minutes of moderate physical activity on most days of the week. Talk to your healthcare provider before starting an exercise program to see how often you should exercise and what type of exercise is best for you.

If you haven't been active in a while, find 30 minutes too difficult, or can't find 30 minutes in your busy schedule, break it down into three, 10-minute segments. When you're ready, talk to your healthcare provider about making your workouts longer and more frequent.

Find things you enjoy to get you moving. If you have fun while you exercise, it won't feel so much like a work out. And you won't get bored and give up after a few sessions. Exercise is for life.

Go for a jog, take a swim, ride a bike, or dance. These are things you can do by yourself on your own schedule. Or ask a friend to join you if that makes it easier.

Brisk walking is a good physical activity that almost everyone can do. Taking 10,000 steps each day can help you achieve and maintain your physical activity and weight loss goals. Try counting your steps with a pedometer or Fitbit. Each day, increase the number of steps you walk until you reach your goal.

And don't forget to include resistance or weight bearing exercises in your physical activity program, especially if you are a woman. You can use resistance bands, weights, or even your own body and gradually build up to 2-3 sets of 8-10 repetitions. If you find it easy to lift the weight after 10 times, add a few pounds of resistance so that after 8-10

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repetitions you feel like you've had enough. Then take a break and do another set until you've reached your goal.

Remember to set your goal at 30 to 60 minutes of moderate exercise on most days of the week. Include both aerobic and resistance exercise sessions to increase the benefits to your body.

Exercise can help you burn calories and glucose which will help you lose weight, reduce insulin resistance, improve your blood glucose levels and delay or prevent Type 2 Diabetes. Not only that, but with regular exercise you will feel better and have more energy to enjoy a long, active life. So choose to move today!