



Diabetes and Exercise

The challenges that diabetic individuals face when starting exercise are both on a mental and physical level. Overall mood enhancement can change when starting to deal with the complications in diabetes. As individuals make constant new adjustments to their lives, they may feel anxious, frustrated, exhausted and angry. These severe impacts leave diabetic individuals, feeling like their emotional tanks have run out.

It's important that diabetes nurses/ doctors give individuals an appropriate exercise and diet plan to follow along with the blood glucose tracker. Keeping record of what happens during their new routine, is a way for nurses/doctors to monitor their affective behavior. Essentially, diabetic individuals need to control their blood sugar levels when starting exercise, to reduce their risk of cardiovascular disease.

According to a special health report from [Harvard Medical School](#), people who have diabetes are advised the following step-by-step approach to starting exercise:

1. The best time to exercise is one to three hours after eating, when your blood sugar level is likely to be higher.
2. If you use insulin, it's important to test your blood sugar before exercising. If the level before exercise is below 100 mg/dL, eating a piece of fruit or having a small snack will boost it and help you avoid hypoglycemia.
3. Testing again 30 minutes later will show whether your blood sugar level is stable. It's also a good idea to check your blood sugar after any particularly grueling workout or activity.
4. If you're taking insulin, your risk of developing hypoglycemia may be highest six to 12 hours after exercising.
5. Experts also caution against exercising if your blood sugar is too high (over 250), because exercise can sometimes raise blood sugar even higher.
6. Because of the dangers associated with diabetes, always wear a medical alert bracelet indicating that you have diabetes and whether you take insulin.
7. Lastly, keep some hard candy or glucose tablets with you while exercising in case your blood sugar drops precipitously.

Exercise helps control weight, lower blood pressure, lower harmful LDL cholesterol and triglycerides, raise healthy HDL cholesterol, strengthen muscles and bones, reduce anxiety, and improve individual's general well-being. There are added benefits for people with diabetes: exercise lowers blood glucose levels and boosts their body's sensitivity to insulin, countering insulin resistance.

Reducing carbs (and the calories that go with them) is, together with exercise, a good way to lose weight. Offsetting the carb calories with protein and fat calories in order to get the right balance for the client's situation will achieve the goal in an efficient manner. Insulin also inhibits the body's use of stored fat as a source fuel. Lowering the insulin levels in the given diet regime will significantly help for weight loss to succeed. Those client's who are new to the concept of low-carb eating as a tool for managing diabetes may view it as a very 'healthy way' of eating and does not need to be limited to family member with only

diabetes. Which in other terms may mean, managing this disorder means different things to different people, but ultimately the aim for Type 2s should be to get your blood sugar numbers into the same area as non-diabetics. It's best to cut out starchy carbs as much as possible, including breads, potatoes, pasta and rice – 'whole meal' or "in trend" healthy carbs are included. Avoiding all grains and grain products is universally practiced by well-controlled T2 Diabetics.

This plan has been successful to a great extent, when this was accompanied by brisk walking exercise 10,000 to 15,000 steps per day, 5 days a week, and resistance training (15-20 min per day, twice or three times per week) to enhance muscle strengthening & prevent protein loss along with weight loss.

This will help to control diabetes, improve quality of life, enhances better sleep, improve cognitive function, and also may reduce depression. It also reduces sugar cravings and compulsory eating habits. Diabetes long term complications may result in maintaining good kidney function, reducing heart attaches, prevents stroke, maintain nerve cell integrity, preserves vision and reduces cause of mortality (death).

Limitations & barriers that diabetics may experience:

Social and cultural norms, hot weather (for exercise), individual acceptance and readiness to change from present lifestyle to the new recommended way, and adherence of patients and educators to implement the plan has been the greatest barriers encountered.