



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

### 8/23/2021: Diabetes and Exercise

34 million adult Americans have type 2 diabetes. One third of Americans have insulin resistance which is the precursor to type 2 diabetes. Of those, more than 50% will develop type II diabetes in less than five years

#### What is meant by insulin resistance and why is it bad?

Insulin helps control the amount of blood sugar (glucose in the blood) by transporting glucose to the body's cells. With insulin resistance, the body cells do not receive insulin properly and glucose builds up in the blood leading to type 2 diabetes. The good news is that weight loss exercise improves insulin resistance.

#### How will your physician treat your diabetes?

By prescribing medication, of course. This is disease management - not healthcare. Remember that old saying about kicking the can down the road? It applies here. Without lifestyle change, a medication-only approach will be temporary and you will require further medication to manage your blood sugar levels.

**What is your most valuable step in diabetes prevention and management? It's exercise! Step it up and reap some big rewards. The long-term benefits of exercise are enormous. Without question, exercise is critical to insulin health and blood sugar management.**



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

Elite Personal Training and Fitness Solutions | 215-947-2099 | 1800 Byberry Rd # 703 Huntingdon Valley, PA 19006

# Benefits of Exercise

An exercise program should be prescribed. Like medication prescriptions, exercise programs should be prescribed, progressed, and monitored. If you're concerned about your blood sugar levels or have other questions, please for free to contact us. Still need to be persuaded exercise? **Read on!**

FOR You DATE Now  
ADDRESS \_\_\_\_\_  
**Rx** REFILL unlimited TIMES  
*Consider starting to exercise today  
Contact Elite Personal Training  
and Fitness Solutions if you want  
help getting started.*  
*215-947-2099*

DISPENSE AS WRITTEN      PRODUCT SELECTION PERMITTED

- Exercise raises insulin sensitivity. For example, physical activity can lower your blood sugar up to 24 hours or more after your workout.
- Exercise builds muscle. This creates more insulin receptors and makes us less insulin resistant.
- Exercise reduces belly fat, a major player in insulin resistance.
- Exercise benefits nerve function, which is often damaged by insulin resistance.
- Exercise increases blood flow and circulation.
- Exercise lowers inflammation throughout the body. Inflammation is considered to be a primary cause of type II diabetes.
- Exercise improves cholesterol levels and blood pressure.
- Exercise contributes to weight loss and management by burning calories and helping the body maintain muscle. Losing just 5-10% of your body weight can improve your A1C score [the best measurement of sugar levels].

Tip of the week 8/23, page 2