

OTHER TYPES OF EXERCISE

- For blood sugar control, research suggests strongly that a *combination* of aerobic and resistance training done 3 to 4 days a week is better than either form of training alone. If you also are trying to lose weight, aerobic exercise on most days of the week is still important.
- Yoga and Tai Chi also can be good for you. These exercises improve strength and flexibility, and also can help you relax. Design your exercise program for maximum benefit and minimum risk to your health and physical condition.
- Consider reaching out to an appropriately credentialed exercise professional to work with you and your doctor. Together, you can establish realistic goals and design a safe, effective, and enjoyable program.

SAMPLE EXERCISE PLAN

The calendar below will provide you with a sample workout plan that includes both aerobic and resistance exercise!

SUNDAY
Walk or Ride a Bicycle for 40 Minutes
MONDAY
Brisk Walk for 40 Minutes
TUESDAY
10 Push Ups x2 Plank for 30 Seconds x2 Wall Sits 30 Seconds x2 10 Dips x2
WEDNESDAY
Brisk Walk for 30 Minutes & Jog for 10 Minutes 10 Push Ups x2
THURSDAY
10 Push Ups x2 Plank for 30 Seconds x2 Wall Sits 30 Seconds x2 10 Dips x2
FRIDAY
Brisk Walk for 40 Minutes
SATURDAY
Do Something Fun and Active Outside!



ABOUT US

The *Commit to Fit!* Prescription for Health Program is an evidence-based, best practice program that is designed to increase the practice of disease-specific physical activity and support linkages to community-based fitness and nutrition.

Commit to Fit! is a community-wide health behavior improvement initiative designed to promote the practice of healthy lifestyles in Genesee County by utilizing a common message and strategy that engages all residents. To facilitate improved health behaviors throughout the year, *Commit to Fit!* offers community-based classes as well as annual community-wide challenges centered around physical activity, nutrition, and overall wellness. *Commit to Fit!* is free to all those who live, learn, work, and play in Flint & Genesee County.

Commit to Fit! Prescription for Health materials adapted from the Exercise is Medicine Program (ACSM).



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EXERCISING WITH TYPE 2 DIABETES

PRESCRIPTION for health



According to the American Diabetes Association, type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose normal. If you have type 2 diabetes, regular physical activity will help you control your blood sugar levels and manage your weight. It's important to note that no matter your weight or weight loss, regular exercise will improve your health.

HOW MUCH EXERCISE DO YOU NEED?

Try to work up to 150 minutes of brisk walking a week (30 minutes a day, 5 days a week). Making exercise a regular



part of your life can have a major impact on your health. The key is to choose activities you enjoy. Then, you will want to continue so you can control your blood sugar levels. If you are just starting out, do more aerobic exercise. Over time, add resistance workouts. Doing both types will bring even more benefits for your blood sugar levels and overall health and fitness.

INSIDE

Exercise Guidelines
Aerobic Activity
Resistance Training
Sample Exercise Plan



GETTING STARTED

- Talk with your doctor before you start an exercise program. Ask about any changes to your medications or any concerns in becoming more active.
- Take all medicines prescribed by your doctor.
- Although exercise is important in managing your diabetes, you may need to make changes to your diet, too.
- Start by exercising on your own. Begin walking or another form of activity that you can integrate into your daily routine.
- Invite others to join you. Exercising together is more fun and increases the chance you will continue. Dogs also make great walking partners!
- Visit commit2fit.com for free exercise and nutrition programs in Flint & Genesee County.
- You may be eligible for a free wearable fitness tracker! Contact commit2fit@flint.org or (810) 232-2228.

EXERCISE GUIDELINES

The American College of Sports Medicine (ACSM) recommends at least 150 minutes per week of moderate intensity aerobic activity, 75 minutes of vigorous aerobic activity, or a combination of both for adults. They also suggest muscle strengthening twice a week, with a day of rest in between.

Follow the **FITT** Principle to Design and Implement a Safe, Effective and Enjoyable Program!

AEROBIC ACTIVITY

Frequency – Be active on most days of the week but at least 3 to 4 days. Work up to 5 days a week. Research shows that moderate to vigorous exercise makes muscle and fat cells sensitive to insulin for up to 48 hours. With that in mind, try to exercise at least every other day for improved control of your blood sugar.

Intensity – Exercise at a moderate level. Use the “talk test” to help you monitor. For example, even though you may notice a slight rise in your heart rate and breathing, you should be able to carry on a conversation while walking at a moderate pace. As you walk faster, you will begin to breathe faster and have difficulty talking. At that point, you’ve achieved moderate intensity or “somewhat hard.”

Time – Exercise 30-60 minutes per day. You can do it all at once or break it up into a few sessions of at least 10 minutes each.

Type – Do rhythmic exercises using the large muscle groups. Try brisk walking, cycling, and swimming. Choose activities you enjoy and will do regularly in your new, more active lifestyle. Add variety depending on the day or the season to keep your program more enjoyable.



Follow the **FITT** Principle When Creating a Resistance Exercise Program, Too!

RESISTANCE TRAINING

Frequency – Do resistance training at least 2 days per week. Plan a day of rest between sessions.

Intensity – Exercise at a moderate level. If you can lift a weight 10 to 15 times, you’ve achieved moderate intensity. You get to high intensity when you can lift a weight only 8 to 10 times. Remember, you aren’t training to be a weight lifter. Your goal is to improve your strength and muscle endurance so your daily activities will be less stressful.

Time – This will depend on the number of exercises you do.

Type – Exercise all major muscle groups using either free weights or a machine. There is no difference between the 2 methods.

Don’t belong to a gym or health club? No problem. You can do the same exercises at home using lighter weights, resistance bands, or your body weight as the resistance, like push-ups or sit-ups. Also, view free fitness classes in your community at commit2fit.com.



AEROBIC EXERCISE CAUTIONS

- If you have been inactive for a long time, start with short sessions (10 to 15 minutes). Add 5 minutes to each session, increasing every 2 to 4 weeks. Gradually build up to being active 30 minutes a day for most days of the week.
- Drink plenty of fluids before, during, and after exercise. Be careful not to overdo it! Extra weight makes it easier for the body to overheat.



RESISTANCE TRAINING

Evidence suggests that moderate to vigorous intensity resistance training is a good addition to your exercise program. Not only does it improve your blood sugar control, it helps increase or maintain muscle mass. Resistance training also improves your ability to function and promotes good health.

RESISTANCE EXERCISE CAUTIONS

- Avoid holding your breath when lifting. This can cause large changes in blood pressure. That change may increase the risk of passing out or developing abnormal heart rhythms. This is especially true if you also have high blood pressure.
- If you have joint problems or other health problems, do only one set for all major muscle groups. Start with 10 to 15 repetitions. Build up to 15 to 20 repetitions before you add another set.