



Diabetes Reversal Strategy



Use Your Muscles

Increased exercise helps to reverse insulin resistance, the process underlying Type II Diabetes, by improving the uptake of glucose and improving fat burning - even in the absence of weight loss.



Combined with the other 4+2 principles, exercise helps maintain weight loss and contribute to diabetes reversal. Research shows that the amount of exercise required is not extreme - all of the following patterns have been shown to be effective in improving diabetes measures:

- * 150 minutes per week of moderate to vigorous activity
- * 3 km of walking per day
- * 8 km of running per week
- * 20 minutes per day of moderate exercise

Exercise on its own is not enough - research shows that 8 hours per day of sitting will negate the positive effects of exercise. Prolonged sitting increases the risk of death (from all causes) independent of exercise. This negative effect of sitting is consistent across all ages, genders, and activity levels - regardless of weight and/or other medical conditions. From an evolutionary perspective, we were designed to move and use our muscles.

Regular exercise and consistent activity all day is the the best strategy. One way to be sure that you get up regularly is to use a tracker that will prompt you to stand and move every hour (Apple Watch, Fitbit, Garmin and others have this feature).

Once you are regularly reaching your 150 minutes per week target (Level 1), develop your portfolio of exercise:

Aerobic - most of your exercise should be done at a pace that you can easily maintain a conversation

High Intensity Interval Training - 1 or 2 times per week, with adequate preparation.

Resistance exercise with or without weights - 2-3 times per week, with special attention to form.

Functional Movement - 1-2 times per week, with special attention to flexibility and balance.

Above all, exercise should be fun and you should feel good after doing it!

101 BEHAVIOURS

**150 Minutes of Exercise
Move Every Hour**

NEXT STEPS

Portfolio of Exercise

Take Control of Your Health

For more information
about our 1:1 support

