Complementary Blog Post: 5 Top Exercises For Diabetics

Subject: 4 Reasons You Should Be Exercising When You Have Diabetes

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Being physically fit and active should be a part of every person’s life. This can get more difficult as you get older because you have other responsibilities and getting exercise isn’t always at the top of your list. You know that exercise will help you stay healthy and when you’ve got diabetes it can actually help you keep it under control better.

Here are X reasons why you should make exercise part of your life when you’ve been diagnosed with diabetes.

1.Being active will help absorb glucose throughout your body when you exercise. This will help prevent high levels of blood glucose to be stored in your body.

2. You’ll find that it helps lower your blood sugar levels. Plus it will decrease your insulin levels, but be careful because if you’re working out intensely this could have the opposite effect on your body.

3. By exercising you’ll help your body turn the glucose into energy. This in turn allow your body to use hormones that are available and stored.

4. Over time exercise will help the insulin work better and this could help you reverse type 2 diabetes.

Exercising does not have to be an intensive and vigorous activity. You’ll need to talk to your doctor before you begin any workout routine.

You’ll find that something as simple as walking every day will have a profound effect on your health. This can be done anywhere and doesn’t need any special equipment to start. Take it slow and increase the distance and speed of your pace over time.

Get your family involved and have them walk with you. Most places have trails that you can enjoy by where you live. Check those out – even if you don’t use them every day you’ll know where they are when you want to.

There are several different exercises that you can start. Take a look at the blog post that is on exercising with diabetes.

LINK

Diabetes will change your life, but it doesn’t have to all be a negative experience. Keeping healthy should be a priority and millions of people watch what they eat because of that reason alone.

You’ll need to change how you eat, but there are great recipes out there that are diabetic friendly.

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