

6 tips for physical activity with type 2 diabetes

The American College of Sports Medicine has released recommendations in the February 2022 issue of its flagship journal, *Medicine & Science in Sports & Exercise*.



Regular aerobic exercise

Participating in regular aerobic exercise helps manage blood glucose.



High-intensity resistance exercise

This type of exercise, when performed safely, will help more than low- to moderate-intensity exercise.



Be active after meals

Being active after eating may help those with T2D reduce blood glucose.



Avoid crashing during or after a workout

People who use insulin should lower their levels or supplement with carbs to avoid a crash during or after their workout.



For those who use beta blockers:

Don't rely on a heart monitor to measure workout intensity.

Ask a certified exercise professional about using ratings of perceived exertion (RPE) to track how a workout feels.



When to schedule workouts

Try and schedule workouts after meals instead of before them.

Doing so will let you take advantage of exercise's blood glucose-stabilizing benefits.



“Exercise can play an important role in managing type 2 diabetes, and workouts can be modified to fit the abilities of most people,” says lead author Jill A. Kanaley, Ph.D. “Those with type 2 diabetes who want to lose weight should consider workouts of moderately high volume for four to five days per week.”