

Exercise and Chronic Disease

Diabetes

If you suffer from Diabetes or are at risk of development of Diabetes (Pre-Diabetes), exercise plays an important role in keeping you healthy. Exercise can help with managing diabetes or can help in preventing the development of Diabetes.

For a person with controlled diabetes, exercise can help:

- Diabetes management- helping Insulin work better
- Weight Management
- Lower your blood pressure
- Lower your risk of heart disease
- Reduce stress

Cardio-Respiratory Exercise: guidelines suggest at least 150 minutes of Moderate Intensity Cardio exercise per week and/or at least 90 minutes of vigorous intensity cardio-exercise per week. People with Diabetes should exercise 3 days per week, with no more than two consecutive days without exercise.

Resistance Exercise: additional to Cardio-exercise, people with Type II Diabetes should aim to achieve three resistance-training sessions each week. Exercises should focus on targeting all major muscle groups, with 8-10 reps for each exercise.

Hypertension

Hypertension is the term used to describe High Blood pressure. Blood pressure is the measurement of the force of the blood on your artery walls, as it is pumped through your body. Blood pressure gives you two measurements, Systolic BP (top number) and Diastolic BP (bottom number). Normal Blood Pressure is around 120/80mmHg. High Blood Pressure (Hypertension) is when your blood pressure is 140/90 mmHg or above.

Hypertension increases your chances of having a stroke, heart attack, heart failure and early death. Lifestyle changes including diet and regular exercise can help you control and reduce your blood pressure as well as improving overall risk for cardiovascular events.

It is recommended that people with hypertension perform a minimum of 30 minutes of moderate intensity exercise, 5 times per week. Resistance exercises should also be performed on 2 or more non-consecutive days per week.

Do not commence an exercise program until you have clearance for your GP.



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