Diabetes & Lifestyle



The CDC reported that as many as one in three Americans could have diabetes by 2050. Currently, about 24 million people in the United States have diabetes and 60 million have prediabetes, a condition in which blood sugar and insulin are approaching abnormal levels.

Exercise is a great way to reduce the risk of diabetes and to manage the condition once it's diagnosed. Exercise reduces the risk of diabetes by helping people improve insulin and blood sugar production. Exercise is beneficial for weight loss and for helping to reduce abdominal fat, which can be especially risky when it comes to diabetes.

However, too few Americans, diabetic or not, get enough regular aerobic physical activity. The American College of Sports Medicine and the American Diabetes Association recommend that people get at least 150 minutes of moderate-to-vigorous cardiovascular exercise in a week. That's just 30 minutes, five days a week! It's best not to skip more than two consecutive days of exercising.

Whether you have type II diabetes or want to prevent it, staying active is your best defense. Plus, exercise just makes you feel good, physically and mentally!



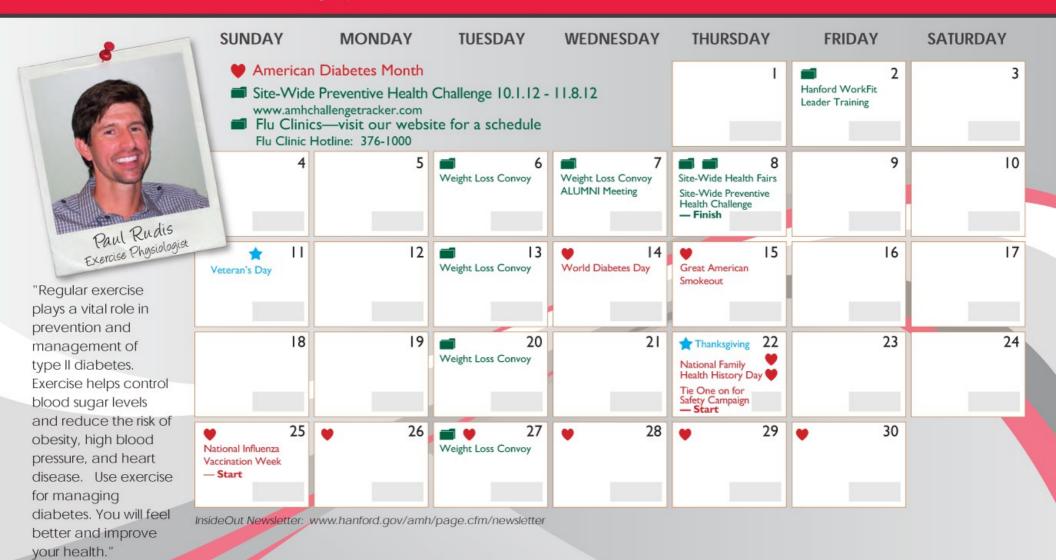


(Resource: www.medicinenet.com)

Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

NOVEMBER 2012



Service Spotlight: Work Conditioning/Preventive Exercise The Work

Conditioning and Preventive Exercise programs are designed specifically for the individual needs of the worker and can be used for prevention and management of various musculoskeletal and health conditions. For more information or to schedule an appointment, call Industrial Rehabilitation at 376-2109 or 376-9040.

•	Health Observance
	Class or Event

Holiday

Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.)

Blood Pressure