

## Types of Exercise

Studies have shown that both Aerobic and Resistance Exercise should be considered for people with Diabetes. (See table 1 & 2)

The Canadian Diabetes Association 2003 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada recommend the following:

<b>Table 1. Aerobic Exercise</b>		
<b>Definition</b>	<b>Intensity</b>	<b>Examples</b>
<p><i>Rhythmic, repeated and continuous movements of the same large muscle groups for at least 10 minutes at a time.</i></p>	<p><i>Moderate effort</i></p>	<ul style="list-style-type: none"> <li>• <i>Brisk walking</i></li> <li>• <i>Biking</i></li> <li>• <i>Continuous swimming</i></li> <li>• <i>Dancing</i></li> <li>• <i>Water aerobics</i></li> <li>• <i>Raking leaves</i></li> </ul>
	<p><i>Vigorous effort:</i></p>	<ul style="list-style-type: none"> <li>• <i>Brisk walking up an incline</i></li> <li>• <i>jogging</i></li> <li>• <i>Aerobics</i></li> <li>• <i>Hockey</i></li> <li>• <i>Basketball</i></li> <li>• <i>Fast swimming</i></li> <li>• <i>Fast dancing</i></li> </ul>

<b>Table 2. Resistance Exercise</b>	
<b>Definition</b>	<b>Examples</b>
<p>Activities that use muscular strength to move a weight or work against a resistant load*</p>	<ul style="list-style-type: none"> <li>• Weight lifting</li> <li>• Exercise with weight machines</li> </ul> <p>Start with 1 set of 10 - 15 repetitions, progress to 2 sets of 10 - 15 repetitions, then progress to 3 sets of 8 repetitions, 3 times/week.</p>
<p>* <i>Initial instruction and periodic supervision recommended</i></p>	

## Recommendations

1. An exercise ECG stress test should be considered for previously sedentary individuals with diabetes at high risk for CVD who wish to undertake exercise more vigorous than brisk walking.
2. People with type 2 diabetes should accumulate at least 150 minutes of moderate-intensity aerobic exercise each week, spread over at least 3 non-consecutive days of the week.
3. People with diabetes (including elderly people) should also be encouraged to perform resistance exercise 3 times/week.