

Exercise and Type II Diabetes

Type II Diabetes Exercise Guidelines

Regular exercise is the key for blood glucose control and weight management. Exercise can enhance insulin sensitivity, which may reduce need for medication as muscle will do a better job of taking glucose out of the blood. Exercise may also help reduce cardiovascular risk by reducing body fat, improving blood pressure and cholesterol levels. It will also help you better understand your diet and exercise if you closely monitor your blood glucose levels and how it responds to different activities.

- Consult and construct exercise program with your clinician before exercise, possible medication adjustment may be needed.
- Exercise should be tailored to medication schedule, severity of diabetes complications as well as specific goals of exercise program.
- Take an extra 15g of carbohydrate before and after each hour of training
- Do 20-60 minutes of moderate intensity cardiovascular activity at least four times a week. We advise exercise every day.
- Consider low-intensity low-resistance exercise at least twice a week with 10-15 repetitions per set on major muscle groups.
- Start slowly and progressively increase the training intensity and duration.
- Exercise with frequent rest periods.

Exercise Precaution

- Avoid exercise if blood glucose is excessively high.
- Long duration or vigorous training may trigger excessive secretion of adrenaline and other hormones that counteract with insulin activity and raise blood glucose levels.
- Drink more water before and after exercise.
- Exercise programs should maximize the benefits of physical health with the least risk. Consider contacting a certified health and fitness professional at IHP Active or Active Health Clinic to work with you and your health care provider to consolidate a safe and effective exercise program.

For more advice and recommendations regarding physical activity
please contact us at IHP Active or Active Health Clinic.

Active Health Clinic

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運動與 2 型糖尿病

2 型糖尿病人士運動指南

恆常運動和改善飲食是改善 2 型糖尿病的基本。運動訓練能有效燃燒脂肪、降低血壓和改善膽固醇，從而控制血糖水平和管理體重，減低 2 型糖尿病風險。此外，恆常運動亦能提高身體對胰島素的敏感度，使身體及肌肉能更迅速地帶走血糖，並降低患者對藥物的倚賴及出現併發症的風險。高血糖問題如得到改善，亦有助預防心臟病的發生。故此，我們建議患者恆常檢查血糖水平，並設立針對性運動計劃及飲食餐單，以達致最佳的治療及防範效果。

- 制訂運動計劃前，應先徵詢醫生意見，使運動計劃能有效整合至你的治療計劃中，從而達致最佳的訓練效果
- 運動計劃應針對患者的嚴重程度及訓練目標而度身制定，並避免影響其服藥時間表
- 患者於運動前及運動時應每小時補充 15 克碳水化合物，至運動後 1 小時為止
- 每週至少 4 天完成約 20- 60 分鐘中等強度的帶氧運動，如情況許可，我們建議每日作適量運動
- 我們建議每週至少 2 天低強度低負荷的阻力訓練，以每組 10-15 下訓練主肌群
- 循序漸進地增加訓練強度和每次訓練時間
- 運動進行期間可經常休息

運動注意事項

- 避免在血糖過高時進行運動
- 長時間或劇烈運動可能引發腎上腺素和其他激素過量釋放，因而抵消胰島素降低血糖的作用，令血糖水平升高
- 運動前、期間及運動後多喝水，補充運動時流失的水分
- 運動計劃旨在最低風險下達致最佳訓練效果，可考慮聯絡 IHP Active 或 Active Health Clinic 獲認證的健康及體適能專業人員與你和你的醫生合作。一同制定切合實際需要、安全而有效的運動計劃

如欲查詢更多有關運動的資訊，請聯絡 IHP Active 或 Active Health Clinic

Active Health Clinic 運動及健康管理中心

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