

Diabetes and Exercise!

According to the American Diabetes Association, 20.8 million people have diabetes. Of these people, 14.6 million are diagnosed and 6.2 are un-diagnosed. So, 7% of our population (adult and children) have diabetes. Wow!

Another 54 million are pre-diabetics. This means, that if this group doesn't make lifestyle changes they will become diabetic. It is important to note that if you make the lifestyle changes as a pre-diabetic, it can be reversible/avoided.

The book titled Understanding Diabetes: What is it, how to treat it, how to cope with it by Janet Worsley Norwoord and Charles B. Inlander define Diabetes as a malfunction in the bodies ability to convert carbohydrates/ glucose into energy to power the body, it is characterized by abnormally high and persistent concentration of glucose in the blood stream.

Many people think that since diabetes isn't in their family they don't have to worry about getting the disease. Type 1 diabetes is generally caused by genetics, but only about 5% of those with diabetes have type 1.

Be sure to check for symptoms of diabetes. Some of these symptoms might be fatigue, dry

mouth or extreme thirst, increased hunger, unexplained weight loss, blurry vision, frequent urination and burning or tingling sensations in the hands or feet. Get your blood sugar, cholesterol and blood pressure levels checked. The most important thing you can do is know your levels, know your risk and do what it takes to prevent or minimize these metabolic diseases.

A lot of diabetics think that Type 2 diabetes is not that serious, particularly if medication isn't required. They think that it is a mild version of Type 1 so it isn't something to worry about. In reality, Type 2 is just as deadly and serious as Type 1. Whether your body can't produce insulin or isn't using it properly, the complications are all the same. All Types of Diabetes are equally serious and need to be taken seriously by those who have it. Determine what your beliefs are about diabetes and learn all you can about your type of diabetes. Make lifestyle changes to enhance the result of medication and get your A1C levels in the range of 6.5—7.0.

To Learn more, Join Us on Our next Free Diabetes Tele-Conference Lecture.

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