

## **Strength training for type 2 diabetes – the research so far**

Based on the strength training research undertaken at Baker IDI Heart and Diabetes Institute (Baker IDI) and other international research groups, the American Diabetes Association recently revised its guidelines relating to exercise in people with type 2 diabetes. It specifically recommends that, in addition to regular aerobic exercise, strength training sessions be included into an exercise plan of people with type 2 diabetes three times per week. In addition to improving blood glucose control, strength training has a number of unique health benefits which can, and should, be enjoyed by everybody – regardless of age, body type and fitness level. These include:

- improves muscle strength, endurance and power,
- and so improves the ability to perform daily tasks
- and reduces the risk of injury
- assisting with weight control through increasing
- lean muscle, decreasing fat mass and therefore,
- increasing metabolic rate
- positive affects on bone mineral density which
- strengthens bones and reduces the risk of
- osteoporotic fractures
- improved flexibility, balance and posture
- reduced pain and disability from osteoarthritis and
- rheumatoid arthritis
- reduced the effects of stress and depression
- added overall improvement in quality of life.

Reference:

Sigal RJ, Kenny GP, Wasserman DH, Casteneda-Scheppa C, White R. Physical Activity/exercise and type 2 diabetes. A consensus statement from the American Diabetes Association. *Diabetes Care* 29: 1433-1438 2006.