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STUDY OF DIABETES AND PHYSICAL EXERCISE



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INTRODUCTION :

Life can get busy and oftentimes we find ourselves traveling or otherwise unable to get our preferred health and fitness facility for a workout. People do physical exercise as a part of their healthy lifestyle to get stronger and healthier or stay strong and healthy or to improve their body image. But it also useful in prevention of diseases and reduce the complications of the disease.

Normally our community refers Diabetes Mellitus as Diabetes; it is nothing but a group of metabolic diseases in which there are high levels of blood sugars over a prolonged period. It is due to

either the pancreas not producing enough insulin or the cells of body not responding properly to the insulin produced. Prevention and treatment involve a healthy diet, physical exercise, maintaining normal body weight and other measures as suggested by physician.

SEVERITY OF DISEASE

About 38% million peoples are having this disease, out of which 90% cases are of TYPE2 DM. This represents 8.3% of the adult population with equal rates in both women and men. Recent figure shows that 1.5 to 5 million deaths occurring in each year.



NEED OF PHYSICAL EXERCISE IN DIABETES

Physical exercise plays an important role in diabetic persons. Due to regular exercise body cells become more sensitive to insulin so it can work more efficiently. Body cells also remove glucose from blood using a mechanism totally separate from insulin during exercise. Regular exercise can decrease blood sugar level and improve his A1C and due to this it may be able to take fewer antidiabetic pills or insulin injections.

STUDY OF DIABETES AND PHYSICAL EXERCISE

Regular physical exercise lowers blood pressure and cholesterol, lowers the risk of heart disease, it burns calories which help to lose/ maintain weight, it relieves stress and improve blood circulation. These all things are having very much importance in diabetic person.

PRECAUTION DURING PHYSICAL EXERCISE

Long time complications are arises from all types of diabetes and develops after a very long period but it may be occurs due to no diagnose earlier. The complications are – It damages the blood vessels, increases the cardiovascular diseases and most deaths are occurred due to coronary artery disease, that why prevention is most better than treatment. Secondary prevention includes proper diet and proper physical exercise-

During physical exercise persons with diabetes has to know that the blood sugar level may decrease and hypoglycemic condition may occur and after that primary symptoms like weakness, fatigue, giddiness may develop.

These person should have to take some basic precautions such as-Prepare a schedule of exercise with time limit, keep sugar supplementary products, Regular health checkups and consultation to physician if any symptoms are occurring.

CONCLUSION

With the support of proper treatment and diet therapy, the physical exercise plays an important role in diabetic person and also in which are prone to diabetes, it also helps to prevent the complications produced by diabetes.

Physical activity is also important to our overall well being and can help with many other health conditions.

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