

PPUK - Living with Diabetes



ACTION PLAN

Living with diabetes isn't easy. You know that diet and exercise are important in controlling your blood glucose, but how do you find balance in these areas without letting them take over your life? The answer lies in understanding how your body reacts to both diet and exercise, and finding the practical solutions that allow you to enjoy your life and your health.

In most cases, exercise plays a vital role in diabetes prevention and is paramount in the treatment of this condition. But, most important, exercise can play a major role in preventing complications associated with diabetes that can hinder your ability to thrive in your life.

Diabetes and the role of exercise in the treatment of this disease may seem complicated or confusing at first. Your GP may have told you that exercise is important but may be dangerous to your health if you do not plan your exercise, medication, and meals according to a specific schedule. Or perhaps your doctor simply told you that you need to exercise more and eat less. These suggestions aren't really solutions. They are only introductions to solutions. You know how difficult, and sometimes even overwhelming, it can be if you do not have specific guidance in personal endeavours. What you really need is practical information on how to do these things.

If these concerns are familiar to you, you're not alone. We'll start your action plan by helping you understand three basic principles. First, it is important to recognise the complications associated with diabetes. You will learn how to recognise and deal with these problems, and why it is so important to do so early when exercising with diabetes. Second, we will monitor your progress toward your goals and you will learn how to respond to change during this process. You will be encouraged to monitor your eating habits, medication dosages, and exercise habits, and you'll soon discover why this is essential to your success. Finally, you need to learn how to maintain control of your condition with exercise, and we'll help you stay focused and on track, even when distractions arise.

The obesity connection

So what about that weight you've been told to lose to prevent diabetes or optimise your diabetes treatment? Many studies have shown a close correlation between diabetes and obesity. In other words, most people with diabetes are overweight. Studies have also demonstrated that exercise can prevent or treat both diabetes and obesity. However, we all know how difficult losing weight can be – especially if the ultimate goal is to be thin. Fortunately, the data suggest that the amount of exercise required to treat obesity (to lose significant amounts of weight) is greater than that required to improve the condition of diabetes (controlling blood sugar levels). In other words, your chances of success in minimising diabetic complications are greater than your chances of fitting into the clothes you wore in high school. This means that you will likely see improvements in your diabetes before you realise a change in your physical appearance through weight loss. You'll be advised and encouraged to monitor your success in ways other than stepping on a scale.

Exercise nutrition

Exercise nutrition will form an integral part of your training programme. Exercise and nutrition go hand-in-hand, and you'll learn just how important these two components are in treating and maintaining your diabetes.

You'll learn about your disease and how you can safely improve your specific condition by balancing your life with exercise and nutrition. At PPUK, we believe in the Low GI Low Fat Eating Plan, not only for our diabetic clients but for the majority of our apparently healthy clientele. We will supply you with details on healthful eating and advise you how best to implement our suggestions regarding exercise and nutrition.

Once you understand your condition and what will improve it, only then can you make realistic, permanent changes that will allow you to enjoy a full and active life.