

Diabetes: Are you at Risk?

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Are you overweight by 30 to 40 pounds? Are you over the age of 45? Do you have high blood pressure (higher than 140/90)? Do you have a cholesterol level of 35 or lower? Are you a couch potato? Then you could possibly be at high risk for Diabetes.

There are two types of Diabetes, type I and type II. Type II diabetes is the most common. Diabetes is a disease where your body cannot produce enough insulin, which causes cells to grow improperly and become starved for more energy. Complications from Diabetes can affect different parts of your body including your eyes, feet, and kidneys.

The risk of getting diabetes can be reduced or the disease can be controlled by following an exercise routine and by having a balanced diet. Why exercise? Exercising not only helps with weight control, but it can also lower blood sugar levels, lower cholesterol, decrease stress and increase your energy level. Aerobic type exercise is strongly recommended because it makes you breathe deeper and makes your heart work harder. Choosing an activity that you will enjoy is also important for you to carry out your exercise routine. Walking is a wonderful means of exercise, along with jogging, biking, and swimming.

Other forms of exercise that you could incorporate into your daily routine could be to take the stairs instead of the elevator, park farther away in the parking lot at work, go for a short walk during your lunch break, or shovel snow.

Make sure to check with your physician before beginning any type of exercise program to make sure you are doing what is appropriate for you. Certain medical conditions could possibly increase from exercise.

If you do already have diabetes, make sure you carry an identification card, check feet for sores before and after exercise, have properly fitted shoes, make sure to stretch before and after exercise, drink lots of water, and have a snack handy in case it is needed.

With the new year fast approaching, it is time to start thinking of your New Year's resolution: eat right, exercise, and be healthy!