

July 2010 Quiz

DIABETIES AND EXERCISE

What is diabetes?

Diabetes is a metabolic disease resulting from defects in insulin secretion, insulin action or both. Insulin is created in the pancreas and is responsible for the transportation of sugars from the blood into the body's cells to be used as energy or to be stored. Without insulin the body cannot use the sugar and it builds up in the blood.

Type 1 diabetes is characterised by the autoimmune destruction of the insulin producing cells of the pancreas which means the body does not produce any insulin.

Type 2 diabetes is caused by insulin resistance with an insulin secretion defect. As a result the body starts ignoring the insulin in the body and becomes resistant to its actions. Eventually the pancreas is unable to produce enough insulin for the body. High blood sugar levels become harmful and could affect our eyes, kidneys, nerve and our heart.

Approximately 90% to 95% of all diabetics are type 2 diabetic. Type 2 diabetes is normally preventable however more and more people are being diagnosed with it every day. The treatment goal for diabetes is glucose (sugar) control through diet, medication and exercise.

Benefits of exercise

Exercise is effective in the glucose control because exercise has an insulin-like effect that enhances the uptake of glucose even in the presence of insulin deficiency. Additional benefits of exercise include improved blood pressure reductions, weight management, increased fitness and improved well being.

The basic principles of aerobic exercise include accumulating between 20 to 60 minutes of exercise at least 3 to 4 times a week. The intensity should be moderate and includes activities such as brisk walking, swimming and dancing.

Strength training is recommended to be done at least 2 times per week.

WIN A 30 MINUTE MASSAGE

TURN OVER AND COMPLETE THE QUIZ - ENTRIES DUE IN THE SUGGESTION BOX BY THE 26th JULY 2010 - GOOD LUCK

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Circle the correct answers below and place this quiz in the suggestion box by the 26th July 2010 for your chance to win a 30 MINUTE MASSAGE

Without insulin the body cannot use sugar?

TRUE / FALSE

Type 1 diabetes means the body doesn't produce any insulin?

TRUE / FALSE

Type 2 Diabetes means the pancreas produces too much insulin?

TRUE / FALSE

Exercise is not effective in glucose control?

TRUE / FALSE

It is not recommended to strength train?

TRUE / FALSE

Name: _____

Phone: _____

