

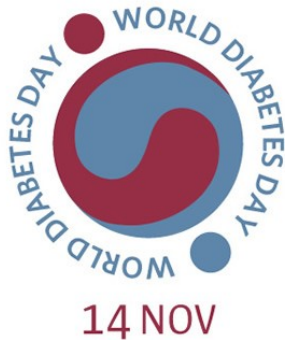


world diabetes day  
14 November



**NOVEMBER 14 WORLD  
DIABETES DAY**

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Bangalore Physiotherapist Network

# Exercise for Type 2 Diabetes

**Fact about exercise - Most of diabetic patients discontinue the exercise with in 3 weeks due to pain and discomfort.**

**Fact about exercise -Exercise can prevent the diabetes, reduce the blood glucose and useful to prevent and treat the complications of diabetic**

**Consult your exercise expert / physiotherapist  
for appropriate exercise prescription**

ACSM guidelines for exercise for Type 2 Diabetic

Frequency	Minimum 3 Days / week
Intensity	RPE 10 - 12
Type	Aerobic
Time	10 - 15 Min / day
Progression	Frequency and time, Don't progress the Intensity

### Consult the experts

Every one after 40 Years(30 Years if Parent had diabetic) -  
Screen the diabetic with Diabetologist / Endocrinologist

- Diabetic Neuropathy ~ Neurologist
- Diabetic Nephropathy ~ Nephrologists / Urologist
- Diabetic Retinopathy ~ Ophthalmologists
- Diabetic Diet ~ Dieticians
- Diabetic Exercise ~ Physiotherapists
- Diabetic related stress ~ Diabetic Counselor

### Tips for exercise

**Do exercise with your partner**

**Do exercise with children**

**Any physical activity is exercise,  
so , Just dance, swim, ..**

**Avoid exercise in late evening**

**Avoid exercise with weights**

**Take care of feet and glucose level**

**Stretch the body before and after  
exercise**



**Bangalore Physiotherapist Network, [www.physiobangalore.com](http://www.physiobangalore.com)  
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