

September 2021

CCM NEWSLETTER

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Controlling Diabetes: Part 2

Let's continue the discussion...

We touched on a major lifestyle change in the last newsletter: DIETARY CHANGES

This month let's review some ACTIVITY CHANGES that will help control diabetes.

Move that Body!



Exercise is an important component of the treatment plan for diabetes. Exercise can help control weight, lower blood sugar and decrease the risk for heart disease. Prior to starting any exercise routine, it's good to check in with your physician about any limitations you may have due to a prior medical condition.

When you read 'Be active for 30 minutes' - what exactly does that mean? You may be thinking- "I am active! I water the plants, clean the house, run my errands, sometimes I go on a walk. What more do they want?!"

Well, in short, we want more. When we say “be active”, physicians usually have a *cardio* activity in mind- something that makes you breathe a little heavier and your heart beat a little faster. Studies have actually shown that we underestimate our activity... like in a very big way. Just like we underestimate how many calories we eat in a day, we think we are more active than we really are.

In the last newsletter, I encouraged a calorie counter or food log to keep you honest about your eating habits- I would urge you to do something similar for your activity. Pedometers or activity trackers have become so commonplace, that now they are quite affordable. Browse the internet or a local store like Walmart. You may opt to get one that simply counts your steps. Alternatively, you can get a tracker that will estimate your calorie burn based on your activity and programmed weight. Certain devices can remind you to stand every hour and move about. The options are truly endless; just find something that fits in your budget and is easy to set up and use.

Ideally, you should be active 30 minutes a day for at least 5 days a week. *Examples of cardiovascular activities include running, walking, swimming, rowing, and cycling.*

Start slow and gradually increase the time and intensity.

The goal of exercise is to increase your heart rate. Here are some numbers you should know:

Normal **Resting** Heart Rate = 60-100 beats per minute

Ideal **Exercising** Heart Rate = 50-85% of your *maximum heart rate*.

Your maximum heart rate depends on your age.



Here is an example:

An average 65-year-old old's maximum heart rate is 155 beats per minute. When exercising at a moderate intensity he/she should reach about 50-75% of the max heart rate. This will put the 65-year-old between 78-132 beats per minute.

Let's put this into practice. A 65-year-old person is going out for a walk. The fitness tracker to record steps, distance and heart rate are turned on. During the course of the exercise, that person should aim for a heart rate between 78-132 beats per minute for 30 minutes.

If you are just starting out- aim for the lower range of your target zone and then gradually move up to the top end of your target zone.

Pump that Iron

Don't neglect the positive effect strength training can have on your body. Not only can building muscle help with your stability and balance, it can also help with weight loss. The energy needed to maintain muscle is more than what is needed for fat. What does this mean?

Well simply put, more muscle burns more calories.

Similar to cardio, start slow and easy. Use resistance bands, small hand weights or just your body weight to start. Many of the community's fitness centers have trainers that would love to help you devise a fitness plan. Make it a goal to join one of those fitness centers and ask about it.



As with any exercise plan, make sure to drink plenty of water before and during your workout. It's important to know that vigorous exercise can lower sugars; keep a healthy snack nearby in case you feel lightheaded or dizzy from a blood sugar drop.

Habits take time to develop. Listen to your body, but also hold yourself accountable. Commit to a regular activity plan, and recruit a friend to join you. If you have questions about what types of activity would be appropriate for you, make a note to bring it up at your next clinic visit.

To help jumpstart your activity goals, we have calculated your maximum heart rate range and target exercise heart rate based on age.

Your maximum heart rate range:

Your target exercise heart rate zone:

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