

The 30 Pound Club

Join at drchet.com

December 5, 2010 – Grand Rapids, MI

Exercise and Diabetes

I think most of you know that I'm an exercise physiologist both in training and in practice, so I tend to favor an exercise approach first in just about everything. However, exercise is not a great way to lose weight unless you combine it with eating less. But, in my opinion, we should exercise for other reasons. That includes reducing our risk of getting diabetes. But even if you have diabetes, exercise can still help a great deal. The question is: which is better: aerobic exercise such as walking or jogging, or weight training? A recently published study shed some light on this question.

Researchers in Louisiana took 262 sedentary men and women who were diabetic and had HbA1c levels greater than 6.5%; HbA1c is an indicator of a blood sugar over the past three months. Your fasting blood sugar might be okay when you get a blood test, but you can't fool this one. They divided the people into four groups: sedentary, aerobic exercise alone, weight training alone, and a combination of weight training and aerobic training. The subjects remained in the program for nine months.

While the HbA1c dropped in both the aerobic and weight training alone groups, it was not statistically significant; but there was a significant drop in the combined-exercise group. The combination group members also lost more weight and more fat from around their waist, the most harmful place to carry fat. All moving was good, but doing both was better.

How much did they exercise to get those results? They lifted two days a week using two sets of seven exercises plus two core exercises. They also expended about 1,000 calories per week in aerobic exercise. That would be the equivalent of walking about three miles four days a week. Not exactly killer stuff.

I think the message is clear. We have to treat the body as a unit. We can't do only cardio exercise because we think it burns calories. We can't only lift weights because increasing muscle will increase calories burned all day long. If we're really going to positively affect our body weight and health, we have to do them both. Check with your doctor about any limits he or she may set on you, then get off it and get after it.

Tweet!

I'm not just on Facebook—I'm now on Twitter. Look for "drchetz" to follow what's happening. As I become more familiar with the technology, I'm going to be using social media more and more. I hope you'll check the 30 Pound Club Group on Facebook frequently, because I'm going to be posting more often. And with over 500 group members, more and more people are posting and helping each other, which is the whole idea.

If you're logged in to Facebook when you click the link, you'll go right to the Group's wall if you're a member and to the Group info page if you're not—and while you're there, you can request membership. If you're not already on Facebook, it's free and easy to join, and then you can participate in the Group discussion on the wall. Go to Facebook and get in on it.

What are you prepared to do today?™

Dr. Chet

Reference: JAMA 2010;304(20):2253-2262



WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org and clicking on "Listen Live" in the gray bar at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC