



November 8, 2010 – Grand Rapids, MI

## Diet or Exercise?

If I were to ask you whether weight loss or exercise was better to begin to reduce your risk of type 2 diabetes, which approach would you select? The answer is both.

One of the markers for type 2 diabetes is elevated insulin in the blood, technically called serum insulin. In a study recently published in the *Journal of the American Medical Association*, researchers used a unique approach (1). They started two groups of severely obese subjects on a weight loss program at the same time. Both groups changed their diet and lost weight, but the researchers delayed the physical activity component for one of the groups by six months. Both groups lowered their serum insulin by almost 30%. With the exercise added to the delayed activity group, they both sustained their reduced serum insulin through the entire year of the study.

The moral of the story? Weight loss and exercise are a great combination to reduce your risk of type 2 diabetes. You can start with either one but to get the best benefit, combining both can get you there faster and help you maintain what you've achieved. It all depends on one thing:

What are you prepared to do today?™

**Dr. Chet**

**Reference:** JAMA 2020;304(16):(doi:10.1001/jama.2010.1505

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