



Fitness: Exercise for Blood Sugar Balancing

Exercise is one of the most effective ways of modulating blood sugar levels. Getting your clients to move may not be easy, but it is worth the effort to spend time coaching and educating them about the importance of fitness on blood sugar balance.

Use the segments below with your clients to encourage them to adopt a regular exercise program. Feel free to use these instructional sections as is or adapt them for your own clients.

Exercises That Regulate Blood Sugar

Walk and/or Include 30 - 60 Minutes of Movement Each Day

If you're not already doing some form of cardio or daily movement, add 30 - 60 minutes of walking most days at a "brisk but comfortable" pace. (**10 - 15 minute brisk walking intervals** are easier to work into a busy schedule and **are just as effective as longer walks.**)

You might be used to hearing that aerobic exercise 30 – 60 minutes 4 or more times a week is recommended for optimal health benefit. You'll be happy to know that the benefits of walking exercise are equal or better when it is broken up into multiple 10-minute sessions than if engaged in all at once.



Benefits of Moderate to Brisk Walking:

- **Reduces heart disease risk by 40%**
- Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- **Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)**
- Lowers your blood pressure
- **Reduces your risk of or manage type 2 diabetes**
- Improves your mood
- **Lowers cancer risk by about 35%**
- Easier to do schedule wise than other forms of aerobic exercise

If You Already have a Cardio Routine

Add sprints to your normal jogging, swimming, cycling routines.



30 Seconds of Burst Training 3 - 4 Times per Day

Do 30-second "all out bursts" such as a sprint, bike sprint, or a short bout with weights every 4 hours or so to maximize growth hormone.

If you need ideas, consider doing any of the following:

- Jumping jacks
- Running up and down stairs, optionally carrying a ball
- Squats with optional hand weights
- Push-ups
- Stair-stepper
- Elliptical machine
- Exercise bike
- Treadmill
- Take a walk and do short bursts of fast running or hill climbing



"Burst and Burn" Before Bed at Night!

About 2 hours after your last meal of the day and at least 1 hour before bed, do a 2-minute burst of high intensity exercise. This strategy helps you burn whatever sugar is still in your blood stream from your last meal, helps decrease insulin levels, and prepares the body for fat burning during sleep.

"Burst" Out of Bed in the Morning!

Do a short, 2 - 3 minute session of burst exercise in the morning upon rising. This should be of high enough intensity that at the end of 2-3 minutes you feel you just cannot continue without rest.





Begin a Daily Push-Up Challenge

Set a daily push-up goal to be the maximum you can currently do multiplied by 3 or 4. Each day do this many push-ups in as many segments as needed to complete. What you'll notice is that within a month, you'll be very close to, if not at, your goal.

Men should use the standard "military style" push-up position with only the hands and the toes touching the floor. Women have the additional option of using the "bent knee" position.



Technique: To do this, kneel on the floor, hands on either side of the chest and keep your back straight. Do as many push-ups as possible until exhaustion.

Add Squats to Your Routine

Add squats in 1-minute intervals, 2 - 3 times per day.

Beginner Technique: Stand in front of a chair or bench with your feet at shoulder-width apart, facing away from the chair. Squat down and lightly touch the chair before standing back up. A good sized chair is one that makes your knees bend at right angles when you are sitting. You'll feel tension in your legs and buttocks. Stop when you're fatigued or your form begins to suffer. Do as many as you can in a minute, rest, and repeat.



Intermediate to Advanced Technique: If you are already comfortable with typical squats, try doing "sit squats" ([see video](#)).

On the video I use a Bosu, an advanced and optional piece of equipment. If you don't have access to the Bosu, simply do a regular squat using a set of dumbbells and adding overhead press as on the video. This is an advanced movement, not for everyone.