



What are the Benefits of Exercise with Type 2 Diabetes?

- **Lowers blood glucose levels**, by drawing excess glucose from the blood to use as fuel in skeletal muscles.
- **Improves insulin sensitivity, lipid levels and blood pressure**, through cardiovascular and strength training.
- **Strengthens muscles and bones**, as diabetes makes a person susceptible to osteoporosis, bone fractures and loss of muscle strength.
- **Improves cognitive function.** Aerobic exercise has been found to reduce glucose uptake by parts of the brain that lead to cognitive impairment.
- **Improves stability and flexibility**, which prevents falls often caused by peripheral neuropathy.

