

Reverse Diabetes-cycling



"It's no secret that exercise is key to controlling type 2 diabetes."
The best exercise
is a an exercise routine that involves both aerobics and strength training.

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Aerobic exercises 30min*5/w

- The American Diabetes Association recommends at least 30 minutes of aerobic exercise five days a week. **Brisk walking** is an effective form of aerobic exercise that can be done on a treadmill. **Treadmills** offer a variety of speeds and inclines that adjust to your needs and allow you to walk anytime regardless of the weather outdoors. Diabetics with foot neuropathy may prefer an **indoor stationary bike**. Stationary bikes are **non-impact exercise** equipment that takes the pressure off the feet and still allows you to exercise aerobically.



Cycling is one of the best exercises for diabetes

- **Cycling** is a very effective, low-impact exercise for people with diabetes. Managing **weight**, **blood pressure**, **cholesterol** and **glucose levels** are all important for people with both type 1 and type 2 diabetes. Recording blood glucose levels before, during and after cycling is a must. Gradually increasing exercise vigor is also important, as is having carbohydrates handy if glucose levels drop too low.



Advantages of cycling over other exercises

- Cycling is one of the best low impact aerobic exercises.



- Achieve conditioning and causes fewer injuries to muscles and joints.
- Heal rather than hurt the joints:

Cycling puts less impacts on the joints

- Cycling reduces the risk of arthritis caused by worn out cartilage. Cycling is gentler on joints and can actually strengthen them because the cycling motion provides **nourishment** that builds up cartilage. In this regard, cycling is especially helpful for those with arthritis of the lower limbs who are unable to pursue sports that cause impact to the knees and other joints.



Stationary cycle is more suitable for diabetics

- Using a stationary cycle is advocated as a suitable exercise for rehabilitation, particularly for lower limb injury, because of its low impact on the joints. In particular, cycling is commonly included in **knee rehabilitation** programs.

Airy cycling incredibly effective for reducing belly fat

- Air Cycling:
- It is an unusual concept but air cycling has been deemed incredibly effective in order to burn off all those extra calories and help you achieve a flat tummy. The idea is to lie flat on your back with your palms placed beside your head. Then raise your legs and bend your knees at a comfortable angle. Do slow air cycling movements for two to three minutes after which you take a break and then repeat about four times. This exercise is very effective due to the fact that it targets your upper and lower abdominal area making your core stronger and busting all of that excessive belly fat that you really don't need. Not only that, but it also has an effect on your buttock region and your upper thighs thereby having a toning or slimming effect on your entire body as a whole while simultaneously strengthening your back.

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Read more: <http://www.fitnessrepublic.com/cycling/does-cycling-burn-belly-fat.html#ixzz2dw8sOaTH>

10 Benefits of Exercising on a Stationary and recumbent Bike

- easy to use
- convenient
- home use



- ideal for people not used to exercising or very overweight people
- ideal if bad weather doesn't allow outside activities
- watch TV during a workout
- Joint friendly-low injury risk to knees and ankles
- easy to develop a rhythmic pace for better fat burning
- helps develop leg strength
- air/fan assisted bikes help cool down skin while working out

Knee friendly cycling is part of knee rehab programs

- * Non weight-bearing
- * Low impact
- * Uses a range of motion that is needed for most activities of daily living
- * Controlled movement
- * Variable resistance
- * Stable position
- * Cyclic movement nourishes joint cartilage
- * Closed kinetic chain exercise (see this article)
- * Cardiovascular (aerobic) exercise activity



Proper intensity of your workout

- Gauging the intensity of your workout is as simple as checking your **heart rate**. For an activity like cycling on a stationary bike to be considered vigorous, your target heart rate typically must reach between 70 and 85 percent of your **maximum heart rate**.
- Maximum heart rate is 220 beats per minute minus your age, so someone who is 45 years old has a maximum heart rate of approximately 175 bpm. In this situation, sustaining a heart rate of 122 to 149 bpm for four 20-minute sessions on a stationary bike meets your **cardio** needs for the week.

How much calories burn in 30min cycling?

- The American College of Sports Medicine defines a **moderate-intensity** workout as something that elevates your heart rate and causes you to break a **sweat**, but still be able to carry on a normal conversation. According to Harvard Health Publications, **30min moderate-intensity stationary cycling burns 260 calories if you weigh 155 lbs.**

Body weight and intensity affects calories burned

- If you weigh 125 lbs., you'll burn 210 calories in the same time period described above. If you weigh 185 lbs., you'll burn about 311 calories, again according to Harvard Health Publications.
- Intensity matters too: Vigorous cycling can burn between 315 and 466 calories per 30 minutes, depending on your body weight

Cycling beats walking for diabetes health. ...

- People with diabetes often encounter major health problems with their lower limbs due to a lack of sensation, reduced circulation, and increased pressure through the feet. This that can lead to **ulcers** and other **complications**, according to senior lecturer in human movement at UniSA's School of Health Sciences, Dr Annette Raynor, who is supervising the research.

Cycling beats walking for diabetes health. ...

- Women aged between 60 to 70 years with type two diabetes took part in a 12 week exercise program, cycling for 20 minutes twice a week at moderate intensity, with pre and post testing to see if there were any changes. These women were compared with a control group of women who didn't have diabetes.



Cycling beats walking for diabetes health. ...

- “Within each exercise session the women also had an average **19.2 per cent drop in blood glucose levels**, with readings taken immediately before and after each exercise session,” Nolan said.
- “This simple 20 minute exercise resulted in a big change in blood glucose levels. For the participants, these results reinforced the important health benefits of exercise. If people with diabetes know that their blood sugar levels are slightly elevated, some moderate intensity exercise such as this stationary cycling may help to get their levels down,” Dr Raynor said.
- <http://w3.unisa.edu.au/researcher/issue/2006november/story3.asp>

Get starting step 1: consult your doctor before starting a cycling routine

- Consult your doctor or diabetes educator before starting a cycling routine. You might need altered or added medications or dosages, especially if you have not exercised regularly before. Your health care specialist might have suggestions on the best times to exercise, the frequency most suitable for you and ways to manage fluctuating glucose levels.

Step 2: keep medications, snacks and glucose meter handy

- Have medications, snacks and your glucose meter with you at all times, whether you are using a standard bicycle or a stationary bike. You will need to monitor your glucose levels before, during and after cycling, and adjust your glucose levels accordingly.

Step 3: measure your blood glucose before cycling

- If glucose levels are too low or too high, put off exercising until the numbers are better. These numbers will depend on several factors best discussed with your doctor or diabetes educator. For most people, cycling is safe if your blood glucose levels are between 100 and 250 mg/dl 30 minutes before and just prior to beginning. If your glucose levels are between 250 and 300, test the ketone levels in your urine. If they are too high, wait to cycle until after they have reached appropriate levels.

Step 4: eat a snack if needed

Diabetes author Carol Guber recommends eating a carbohydrate serving with a protein serving before exercising if glucose levels are below your recommended range. For some people, glucose levels drop too low, too quickly during or after exercise. If this happens, you might feel confused or shaky. Keep a carbohydrate serving at hand, such as 4 oz. of fruit juice or five hard candies to bring your glucose levels into a safer range

Step 5: begin exercising in small steps

- Because glucose levels act unpredictably for some people during or after exercise, it is important not to dive in too quickly. If your activity level is low to begin with, try cycling slowly for 10 minutes for the first week and gradually increase the duration, distance and speed over time.

Step 6: monitor your glucose levels before, during and afterward

- For some people, exercises such as cycling might cause glucose levels to drop dramatically and unexpectedly many hours afterward. Keeping a record of when and how long you cycle and what foods and medications you consume before, during and afterward can help you predict how cycling will affect you at any given time.

Stories: Me, my stationary bike and diabetes

- Me, my stationary bike and diabetes
- By [Roger Diez](#) | October 16, 2012
-
- When I was younger, exercising was much easier. I played sports and ran track in high school, and later I worked out in a gym, ran a par course on my lunch hour at work, and did a lot of speed walking. However, in recent years **osteoarthritis** in my knees made the walking difficult. I had a total knee replacement a couple of years ago, but I haven't had the other one done yet and it makes walking painful and running impossible.
- Why my exercise bike made sense
- About a year ago, I bought an exercise bike on Amazon.com, because I had used one when doing therapy after my knee replacement and found that it was a good aerobic workout without straining my knees. I try to spend half an hour on it about 3 to 4 times a week. The nice thing about it is that I can exercise no matter whether it's 100 degrees out or snowing, and I can read or watch TV while doing so. The bike I have is the **recumbent** kind with a chair-like seat instead of a bicycle saddle, which is much more comfortable. After my aerobic session on the bike, I do about 45 minutes of stretching and strengthening exercises to keep my artificial knee limber and the other one functioning.
- Exercise improves the blood flow to the extremities and can slow the progression of neuropathy that often accompanies diabetes. It also strengthens the heart and improves lung function. The important thing is to find an exercise routine that fits with your lifestyle and physical limitations.
- By gearing my exercise routine to my situation, I find that I am more diligent in fitting it into my schedule.



American Diabetes Association.

Tour de Cure

I LIVE WITH
DIABETES

American Diabetes Association.

Tour de Cure

I'M A
RED RIDER

Our body is gifted with self-healing power,
Good Health to You!



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