

Get exercise and stay active the entire day - Muscles use up 70-80 % of the glucose absorbed from the digestive tract. Activity and exercise minimize glucose blood levels and fat storage. In a diabetic patient who is dependent on Insulin or antidiabetic drugs, a daily routine of exercise, and an active lifestyle is a perfect solution for reducing the requirement of diabetic medications. In an obese individual regular exercise increases metabolic rate and fat burning, which helps with weight reduction.



**70 – 80% body glucose
used by muscles.**

The minimum daily exercise schedule must comprise of:

- a) Yoga and pranayama up to 30 minutes first thing in the morning.
- b) Fifteen to 30 minutes of aerobic exercise -brisk walk stair climbing, dancing, cycling.
- c) Walking 7-10,000 steps/ day (minimum 3 miles)/day- Keeping the mobility in the entire day is more important than long periods of intense activity 3-4 times a week.
- d) Resistance exercises and weight training is an excellent way to build muscle mass.
- e) Exercise on an empty stomach – It uses up stored glycogen and fat energy.

