

An Exercise in Health

It is well known that exercising has great benefits for those with diabetes. For one thing, your blood sugar control would be better. For those on Insulin treatment, exercise also makes the insulin more sensitive and therefore more effective. On the other hand, those who have weight issues will find their blood sugar control more difficult. Given that the health benefits of exercising is a given, why do we all struggle to maintain or even start to do something we all know is good ? For our convenience, perhaps I could summarise the top five excuses and the top five reasons for exercising or not exercising.



Top 5 excuses for not exercising:

1. I cannot get up early in the morning and am too tired at the end of the day to exercise.
2. I have no time and no mood to exercise.
3. I cannot afford the gym fees and, besides, I don't look good in sports attire.
4. I developed health problems from lack of exercise in the past. Now I think I cannot exercise because I have these health problems.
5. I think it is too far to travel to the park to exercise. The exercise machine at home is also not working properly because it is rarely used.

Top 5 reasons for exercising:

1. I will be more alert and sleep better.
2. I will feel better about myself and my mood will improve.
3. I will feel less stressed.
4. I have diabetes and my weight and blood sugar control will be better now.
5. I will have a lower risk of high blood pressure, heart problems and stroke.

It has been reported that 30 minutes of walking a day lengthens your life by between 1.3 years (moderate level of physical activity) and 3.7 years (higher level of physical activity). Our health is in our hands!

PS: Do pace yourself when exercising and consult a professional before engaging in a higher level of physical activities. This is particularly important for those with heart conditions and/or high blood pressure.

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