

The Importance of Physical Fitness

One of the simplest and most effective ways to bring down blood glucose levels, cut the risk of cardiovascular disease, and improve overall health and well-being is physical fitness and exercise. Yet, in our increasingly sedentary world, where almost every essential task can be performed online, from the driver's seat, or with a phone call, exercising and being physically fit can be a tough case to sell.

In reality, everyone should exercise, yet survey shows that only 30% of the United States adult population gets the recommended thirty minutes of daily physical activity, and 25% are not active at all.

Inactivity is thought to be one of the key reasons for the surge of type 2 diabetes in America, because inactivity and obesity promote insulin resistance and other factors that trigger other kinds of diseases.

The good news is that it is never too late to get moving, and exercise is one of the easiest ways to start controlling the onset of any kinds of diseases. For people who are already candidates for some serious diseases like diabetes and heart failure, exercise and physical fitness can improve the condition of some parts of the body like insulin sensitivity, lower the risk of heart disease, and promote weight loss.

In 2003, the Journal of Clinical Endocrinology and Metabolism had published an issue regarding the result of their study and found out that lack of exercise and physical fitness were the key factors behind obesity and other serious diseases like diabetes.

Hence, it is extremely important for a person to stay healthy and be physically fit in order to avoid such illnesses.

Getting Started

The first order of business with any exercise plan, especially if you are a "dyed-in-the-wool" couch potato, is to consult with your health care provider.

If you have cardiac factors, your doctor may want to perform a stress test to establish a safe level of exercise for you.

Certain complications of some diseases will also dictate what type of exercise program you can take on. Activities like weightlifting, jogging, or high-impact aerobics can possibly pose a risk for people with diabetic retinopathy due to

the risk for further blood vessel damage and possible "retinal detachment."

Health experts also contend that patients with sever peripheral neuropathy or PN should avoid foot-intensive weight-bearing exercises such as long-distance walking, jogging, or step aerobics and opt instead for low-impact activities like swimming, biking, and rowing.

If you have conditions that make exercise and physical fitness a challenge, your provider may refer you to an exercise physiologist who can design a fitness program for your specific needs.

If you are already active in sports or work out regularly, it will still benefit you to discuss your regular routine with your doctor.

The bottom line is that physical fitness and exercise should not have to be a rigid activity and should not come off strong. Your exercise routine can be as simple as a brisk nightly neighborhood walk, walking the dog, or simply taking the stairs instead of the elevator. The important thing is that you keep on moving. Every little bit really helps a lot.

In the end, you will realize that the many things that good food can bring you are equally the same as what physical fitness can do for you.