

ACSM updates guidance for exercise in type 2 diabetes

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(HealthDay)—In a consensus statement issued by the American College

of Sports Medicine (ACSM) and published in the February issue of *Medicine & Science in Sports & Exercise*, updated recommendations are presented regarding exercise/physical activity for individuals with type 2 diabetes.

Jill A. Kanaley, Ph.D., from the University of Missouri in Columbia, and colleagues summarized the current evidence and extended and updated the 2010 recommendations on exercise and type 2 diabetes.

- The authors note that for adults with type 2 diabetes, regular aerobic exercise training improves glycemic management, with less daily time in hyperglycemia and reductions in overall glycemia.
- In terms of overall glucose management and attenuation of insulin levels, high-intensity resistance exercise training has greater [beneficial effects](#) than low- to moderate-intensity resistance training.
- Postprandial glucose and insulin levels are modestly attenuated with small "doses" of physical activity throughout the day to break up sitting, especially for individuals with [insulin resistance](#) and higher body mass index.
- For beneficial effects on hemoglobin A1c, blood lipids, and [blood pressure](#), [weight loss](#) of >5% seems to be necessary.
- A moderately high volume of exercise (~500 kcal) done four to five times per week is needed for reductions in visceral fat for individuals with type 2 diabetes.
- Youth and adolescents with type 2 diabetes are recommended to meet the same [physical activity](#) goals set for youth in the general population, despite limited data.

"Exercise can play an important role in managing type 2 diabetes, and workouts can be modified to fit the abilities of most people," Kanaley said in a statement.

"Those with type 2 diabetes who want to lose weight should consider workouts of moderately high volume for four to five days per week."

More information: JILL A. KANALEY et al, Exercise/Physical Activity in Individuals with Type 2 Diabetes: A Consensus Statement from the American College of Sports Medicine, *Medicine & Science in Sports & Exercise* (2022). [DOI: 10.1249/MSS.0000000000002800](https://doi.org/10.1249/MSS.0000000000002800)

One author disclosed financial ties to the pharmaceutical and medical device industries.

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