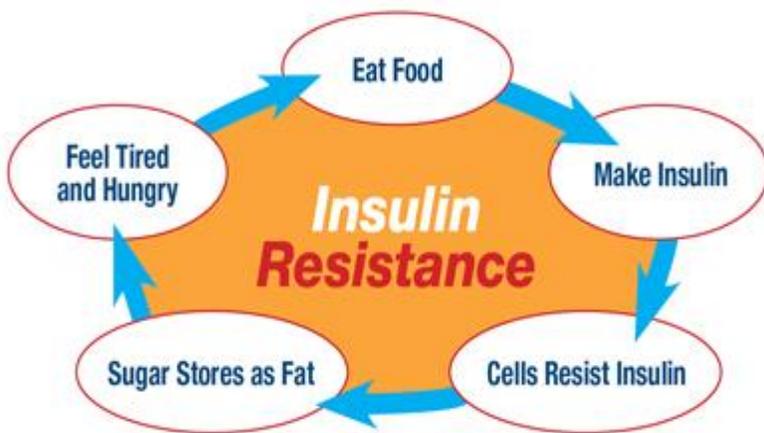


“Prevent or Improve Type II Diabetes”

How Exercise and Nutrition can Improve or Prevent “Insulin Resistance”

What We Know: Muscle tissue is created for all ages in the same manner, with the same techniques. To prevent injury and illness, we repair and replace body tissue.



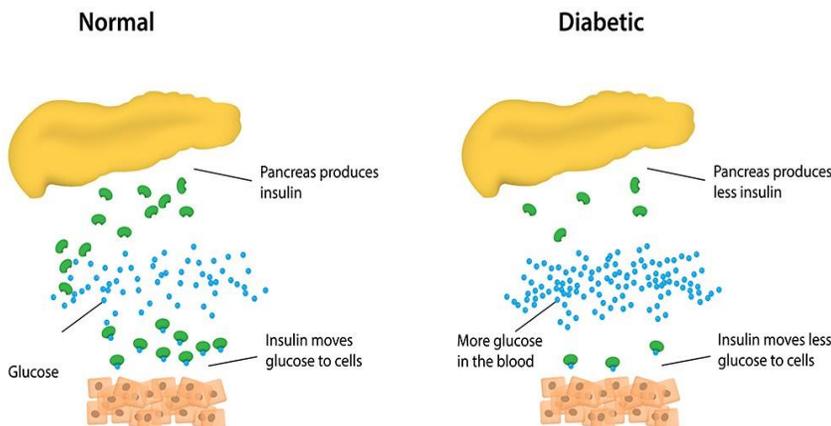
Type II Diabetes is the body’s resistance to insulin over time. Insulin helps your body turn blood sugar (glucose) into energy so our systems can use it for fuel. After you eat, your blood sugar rises. The rise in glucose triggers your pancreas to release insulin into the bloodstream.

Excess body weight: increased fatty tissue is the bodily adaptation to over consumption of sugar and carbohydrate calories, and sedintary daily lifestyle.

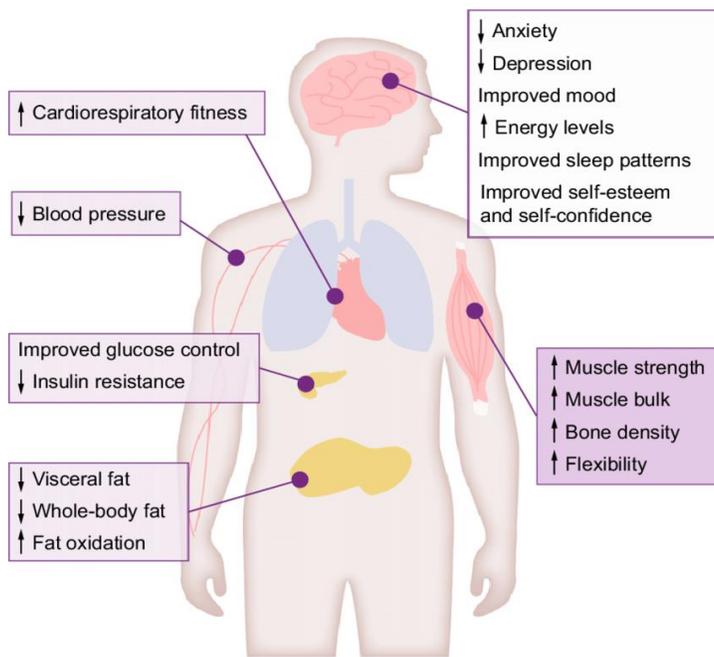
Insulin is a hormone your pancreas makes to **lower blood glucose**, or **sugar**. If you have diabetes,

Type 2 Diabetes

your pancreas either doesn't make enough **insulin** or your body doesn't respond well to it. Your body needs **insulin** treatment to keep their blood **sugar** level in a healthy range.



Insulin is needed to move blood sugar (glucose) into cells. Inside the cells, glucose is stored and later used for energy. When you have **type 2 diabetes**, your fat, liver, and muscle cells **do not** respond correctly to **insulin**. This is called **Insulin Resistance**.



Higher **insulin** levels signal the body to store **fat**, especially around the **abdominal** area. This **fat** (also called **visceral fat**) is especially dangerous because it **causes** the liver and other organs to become fatty and inflamed.

If you have **diabetes**, you should focus on eating lean protein, high-fiber, less processed carbs, fruits, and vegetables, low-**fat** dairy, and healthy vegetable-based fats such as avocado, nuts, canola oil, or olive oil. You should also manage your carbohydrate intake.

Solution/Physical Improvement: By decreasing calories consumed and increasing physical activity, a decline in fatty tissue occurs. **With less sugar to process, receptor sites are no longer overwhelmed and insulin sensitivity is restored.**

Exercise is one of the fastest and most effective ways to **reverse insulin resistance**. Lose weight, especially around the middle. Losing weight around the abdomen not only improves **insulin sensitivity** but also lowers your risk of heart disease. Adopt a high-protein, low-sugar diet.