

# Exercise and Prediabetes

## What is prediabetes?

Pre-diabetes is a condition where your blood glucose levels are higher than normal but not high enough to be considered diabetic. Your body is essentially not processing the sugar you consume in your diet correctly. Sugar normally enters the bloodstream once food is digested and then travels out to fuel all our cells. With prediabetes, the sugars accumulate in our blood instead. <sup>1</sup>

Prediabetes has no signs or symptoms which makes it hard to detect. In Australia, one person is diagnosed with diabetes every 5 minutes. Many had been living with prediabetes for years and they didn't even know it. <sup>2</sup>

## Who is at risk of prediabetes?

- Those that are overweight or obese
- Those with poor dietary habits
- People who are inactive
- Family history of diabetes
- Older people
- Smokers
- Those with a history of gestational diabetes or polycystic ovary syndrome<sup>3</sup>

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<sup>1</sup> Price, S 2019. *How to Stop Prediabetes becoming Diabetes*. Exercise Right. ESSA

<sup>2</sup> Price, S 2019. *How to Stop Prediabetes becoming Diabetes*. Exercise Right. ESSA

<sup>3</sup> NDSS June2016. *Understanding Pre-Diabetes*. Diabetes Australia

## **How is prediabetes managed?**

Pre-diabetes can be managed by making health lifestyle changes to reduce the risk of developing Type 2 Diabetes.

- Weight loss
- Consuming a healthy diet – ensure your diet consists of lots of fresh fruit and vegetables and lean proteins
- Increase physical activity – aim to exercise 30-60 minutes, of moderate intensity, on most days of the week
- Stop smoking

## **What is the role of exercise in the management of prediabetes?**

Exercise helps to use up the sugar in the blood stream and increase the body's sensitivity to insulin. It also aids in weight loss. Research shows you can reduce the risk prediabetes progression to type 2 diabetes by approximately 58% through the combination of diet and exercise.