病人教育
糖尿病護理中心

體育鍛煉和二型糖尿病

體育鍛煉對糖尿病患者可能有很多好處，包括改進血糖控制、減少心臟和血管疾病風險和減肥。最重要的是體育鍛煉通常能夠使人自我感覺更好。但是也需要考慮體育鍛煉的可能併發症。如果您的年齡已超過35歲，您應當在開始一項體育鍛煉計劃之前，接受一次全面身體檢查，確定體育鍛煉是否有風險。我們建議您接受體育鍛煉壓力測試，因為這能夠篩檢可能的心臟問題。

一旦您的醫生「批准」您進行體育鍛煉，您在開始一項安全和好玩的體育鍛煉計劃時，必須考慮五項因素：熱身、強度、次數、持續時間、體育鍛煉類型和冷卻。

一項良好的體育鍛煉應當包括5 - 10分鐘的熱身。這可以幫助防止肌肉受傷。緩慢而平穩的拉伸運動是極好的熱身活動。

強度

每個人都有自身的適當體育鍛煉強度，能夠對心血管產生益處。為了確定您的適當強度，請向您的糖尿病健康護理團隊即您的醫生、護士教育工作者和營養師諮詢。

次數

為了改進血糖控制和心血管狀況，您應當每週至少進行三次體育鍛煉，或每隔一天進行一次體育鍛煉。如果您志在減肥，每天進行體育鍛煉具有助益。
您有問題嗎？

請電 206-598-4882

您的問題非常重要。如果您有問題或疑慮，請電您的醫生或護理提供者。華盛頓大學醫學院中心診所的護理人員也能夠隨時提供幫助。

持續時間

美國心臟協會鼓勵人們對體育鍛鍊採取循序漸進的方法。如果您剛開始，請進行5-10分鐘的熱身活動。逐漸鍛鍊大約10分鐘。您不妨將每週的2-5分鐘健體性體育鍛鍊增加至30分鐘。

體育鍛鍊類型

您選擇何種體育鍛鍊由您自己決定。游泳、步行、跳舞或騎腳踏車等韻律有氧體育鍛鍊通常是最佳的。

最為重要的是，選擇您喜歡的事情。如果您患有週邊神經病變，則應當避免可能使您的雙腳受傷的體育鍛鍊如慢跑等。此類體育鍛鍊可能會增加患上腳部潰瘍的風險。此外，如果您患有增殖性視網膜病變(糖尿病眼疾)，您應當避免舉重。

冷卻

您需要冷卻，以便使心血管系統能夠恢復正常狀態。請您逐漸放慢活動，以便您的身體能夠重新適應生理需求。請四處走動至少5分鐘，或者再進行一些拉伸運動。

需要考慮的事情

1. 務必穿舒適合體的鞋襪。
2. 避免在極冷或極熱的情況下進行體育鍛鍊。
3. 每天和體育鍛鍊後檢查腳部。
4. 如果血糖控制不佳，請避免體育鍛鍊(血糖高於 250毫克/百毫升)。
5. 在體育鍛鍊之前、期間及前後喝下足夠流體。通常最好喝水。

請記住，體育鍛鍊對每個人的效果不同。這僅僅是指導原則—請在體育鍛鍊時注意身體。如果您有任何疑慮，請洽您的糖尿病健康護理團隊。
Exercise and Type 2 Diabetes

Exercise may have many benefits to individuals with diabetes, including improved blood glucose control, reduced risk of heart and vascular disease, and weight loss. Most importantly, exercise usually provides an increased feeling of well-being. However, possible complications of exercise need to be considered. If you are over 35 years old, you should have a complete physical exam to look for possible exercise risks before starting an exercise program. An exercise stress test, which screens for possible heart problems, is recommended.

Once you are “cleared” for exercise by your doctor, 5 factors must be considered in starting a safe and fun exercise program: warm-up, intensity, frequency, duration, type of exercise, and cool-down.

A good exercise program should include a 5- to 10-minute warm-up. This helps to prevent muscle injuries. Slow, smooth, stretching exercises are excellent warm-up activities.

Intensity

For every person, there is a level of exercise intensity that leads to cardiovascular benefits. To determine this level for you, ask your diabetes health care team: your doctor(s), nurse educator, and nutritionist.

Frequency

To improve blood glucose control and cardiovascular conditioning, you should exercise at least 3 days a week or every other day. If weight loss is your goal, daily exercise is helpful.
Duration

The American Heart Association encourages a gradual approach to exercise. If you are just beginning, warm up for 5 to 10 minutes. Gradually exercise for about 10 minutes. You want to increase the conditioning exercise 2 to 5 minutes a week, up to a total of 30 minutes.

Type of Exercise

The type of exercise you choose is up to you. Rhythmic aerobic exercise such as swimming, walking, dancing, or biking is usually the best.

Most importantly, choose something you enjoy. Exercise that may injure your feet such as jogging should be avoided if you have peripheral neuropathy. This type of exercise may increase the risk of developing foot ulcers. Additionally, if you have proliferative retinopathy (diabetic eye disease), you should avoid weight lifting.

Cool-Down

Cooling down is needed to allow the cardiovascular system to safely return to a normal state. Let your body readjust to physical demands by slowing down your activities gradually. Walk around for at least 5 minutes or do some additional stretching exercises.

Things to Consider

1. Always wear comfortable and properly fitting footwear.
2. Avoid exercising in extreme heat or cold.
3. Inspect feet daily and always after exercise.
4. Avoid exercise when blood glucose is in poor control (blood glucose greater than 250 mg/dl).
5. Drink adequate fluids before, during, and after exercise. Water is usually best.

Remember the effect of exercise is different for everyone. These are only guidelines – when exercising, pay attention to your body. If you have any concerns, contact your diabetes health care team.