



# Jesse Benjamin

FITNESS SESSION FOR NATIONAL INDIGENOUS DIABETES CONFERENCE

# Welcome!

- Mi'kmaq
- Mother of 4 children
- Veterinarian
- Certified Personal Trainer



# Social media

- ▶ Melgignat Fit on Facebook and @melgignatfit on Instagram
- ▶ Melgignat means strong
- ▶ My goal for myself is to have a strong mind, strong body, and strong spirit so that I can be the healthiest version of me



# Why exercise?

- ▶ Leaner, stronger muscles, makes day to day tasks easier
- ▶ Stronger bones
- ▶ More energy
- ▶ Better sleep
- ▶ Lower blood pressure
- ▶ Reduces stress
- ▶ Self confidence
- ▶ Helps maintain better control of weight



# Why exercise with Diabetes?

- ▶ Makes it easier to control your blood glucose
- ▶ In Type II Diabetes you may either be not making enough insulin, or be insulin resistant
- ▶ In exercise your muscles use glucose even without insulin, which causes your blood glucose to decrease
- ▶ Also your insulin becomes more effective, so insulin resistance decreases
- ▶ People with Type II are also at higher risk of developing blocked arteries, exercise decreases this risk



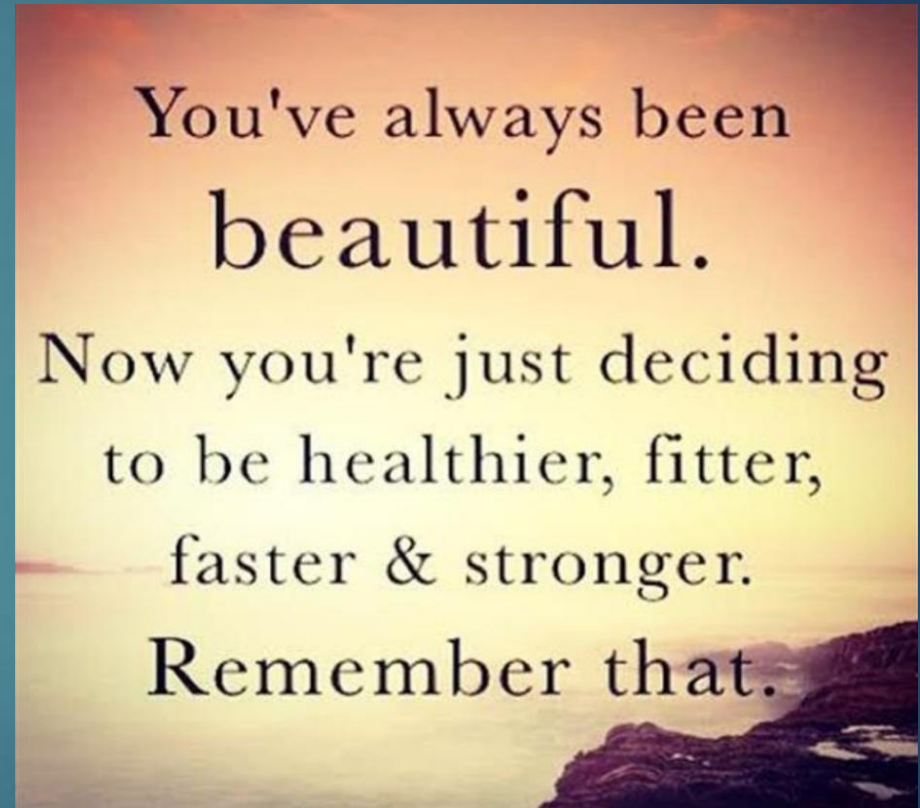
# What is exercise?

- ▶ Physical activity is any form of movement that causes your body to burn calories
- ▶ During exercise active muscles use up glucose as a source of energy
- ▶ Regular physical activity helps prevent glucose from building up in our blood
- ▶ Physical activity can be as powerful as glucose lowering medications
- ▶ Regular physical activity in conjunction with healthy eating and weight control can reduce Type II Diabetes incidence by 60%



# If starting....

- ▶ Talk to your doctor first
- ▶ Make sure you wear comfortable proper fitting shoes
- ▶ Listen to your body
- ▶ If you take insulin, monitor your BG before, during, and many hours after exercise
- ▶ Carry glucose tabs with you in case of a low





Exercise Routine!



Questions?