

Exercise & Weight Loss

High-intensity training, such as resistance training and sprinting, uses carbohydrates to fuel the exercise, causing the body to release fat from cells into the blood to potentially be used later. Due to the nature of the exercises, this type of training is not effective at using fat in the blood.

Low-intensity training, such as walking or slow biking, does the opposite. It is effective at picking fat out of the blood to be used, but ineffective at getting fat to release from adipose cells, which store fat.

To realize the most benefits from exercise, you should follow high-intensity training with some low-intensity exercise. That could entail taking a leisurely walk after performing resistance training. Doing so enables the fat released into the blood during the resistance training to be used up during the walk.

Sample Workout Plan

To gain this workout's full benefits, you should complete each of the suggested day's workouts twice a week, with a rest day incorporated at any point in the regimen. All the suggested exercises should be done 3-5 times, with 10-15 repetitions for each set. Make sure to rest for 60-90 seconds between each set.

Always seek advice from your primary care provider before starting a new workout.

Day 1 Upper Body Resistance Training	Horizontal Press Chest Press	Horizontal Pull Row	Vertical Press Shoulder Press	Vertical Pull Pull Down	Aerobic Activity 10 - 20 minutes of low-intensity
Day 2 Lower Body Resistance Training	Squat, Leg Press, or Sit to Stand	Leg Curl	Leg Extension	Any Abdominal Exercise	Aerobic Activity 10 - 20 minutes of low-intensity
Day 3 Aerobic Activity	Perform an aerobic activity for 30 -45 minutes of vigorous-intensity Bike, run, treadmill, stepper, elliptical, and others				
Day 4 Rest or Repeat Day 1	Horizontal Press Chest Press	Horizontal Pull Row	Vertical Press Shoulder Press	Vertical Pull Pull Down	Aerobic Activity 10 - 20 minutes of low-intensity

American Diabetes Association: Resistance Training and Type 2 Diabetes
Accessed at: <https://care.diabetesjournals.org/content/29/8/1933>