

The Free Fitness Tips Newsletter - July 2008

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Hello there and welcome to the July 2008 **Free Fitness Tips Newsletter**. This month I have been finishing off my in depth coverage of [diabetes](#). My original intention was to finish my diabetes articles at the start of this month and then publish some articles on cancer towards the end of the month. However, once again time got the better of me and only the diabetes articles got completed. Even so there's still lots of great content in this month's newsletter which I have outlined in the list below:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Featured Fitness Blog Post!](#)
- [Free Fitness Ebook!](#)
- [Final Words!](#)

1) Featured Article

As I've already said this month I finished off my series of diabetes articles. My pick of the bunch this month is 'Managing Diabetes with Exercise' which discusses in depth how exercise can help keep your diabetes under control...

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Manage Diabetes with Exercise



In my previous article I discussed how important [diet](#) can be when controlling your [diabetes](#). However, exercise can also be a very important factor when treating diabetes. In this article I will discuss how exercise can help control your diabetes, the precautions you should take when exercising and finally which exercises are the most effective at fighting diabetes.

So how does exercise help control your diabetes? Well it actually helps in multiple ways. I have outlined three of the most important below:

1) BETTER BLOOD SUGAR CONTROL:- When you exercise you need more energy. Your muscles burn [glucose](#) to get this energy and as a result your blood sugar levels are reduced. Therefore, exercise can act as an effective substitute for [insulin](#). In fact in certain cases involving [type 2 diabetics](#), exercise has removed the need for insulin injections and medication completely.

2) IMPROVED INSULIN SENSITIVITY:- According to [this article](#), exercise can improve insulin sensitivity in type 2 diabetics. Since one of the primary problems amongst diabetics is the body not getting enough insulin, this is another fantastic way in which exercise can help control your diabetes.

3) IMPROVED WEIGHT CONTROL:- Exercise helps you to lose weight in two ways. Firstly, [cardiovascular exercise](#) burns extra calories both during and after your workout. According to [this article](#) you can burn up to 15% more calories in the 48 hours following a cardiovascular workout. That means by doing a cardiovascular training session every other day you can be constantly burning up to 15% more calories, plus you will burn even more calories when you are actually doing the exercise.

Secondly, [resistance training](#) can help you lose weight because muscle requires more calories to maintain than fat. By increasing your muscle mass through resistance training you can increase the total amount of calories your body burns each day. The actual amount of calories muscle burns has been heavily exaggerated in the past but according to [this article](#) a pound of muscle can burn around 6 calories per day compared with a pound of fat which burns 2 calories per day.

Combining cardiovascular training with resistance training can therefore be a very effective way to burn excess calories and control your body weight. But why is this important for your diabetes?

Well according to [this article from Dlife](#) excess body fat makes your body more resistant to insulin so keeping your body fat levels under control is essential if you want to stay on top of your diabetes.

As you can see exercise can be a really effective form of diabetes treatment. Not only does it help lower your blood sugar levels but it also improves your body's resistance to insulin and helps keep your body weight under control. However, there are a number of precautions that you need to take before starting your exercise program:

1) MONITOR YOUR BLOOD SUGAR LEVELS:- As I have already stated, exercise can help reduce your blood sugar levels which is generally a good thing for diabetics. However, this is not always the case. If you have not eaten enough or you have taken insulin or medication prior to exercising, your blood sugar levels may be low already. In this instance, exercise could lower your blood sugar to [hypoglycaemic](#) levels. Furthermore, intense exercise can actually have the opposite effect by causing your body to release stress hormones which increase blood sugar levels. Therefore, it is highly important that you monitor your blood sugar levels before, during and after exercise.

2) CARRY GLUCOSE AND INSULIN:- You should carry glucose and insulin at all times when exercising because (as outlined above) your blood sugar levels can fluctuate massively. Intense exercise can cause your blood sugar levels to rise rapidly meaning you may require insulin or medication. Contrastingly, prolonged exercise can cause your blood sugar levels to fall meaning that you may need a quick fix of glucose during or after exercise.

3) STAY HYDRATED:- Dehydration can cause your blood sugar levels to rise and affect your performance whilst exercising. Therefore, it is highly important that you drink lots of water to keep yourself hydrated throughout your workout.

4) CONSULT YOUR DOCTOR:- It is recommended that you talk to your doctor before embarking on any exercise program BUT it is even more important when you are suffering from diabetes because the consequences of not exercising properly can be much more severe. Make sure that you inform your doctor of the type of exercise program you wish to participate in and ask them if there are any additional precautions that you should take. They will then be able to tell you if you need to combine any foods and/or medication with your exercise plan and provide further recommendations to allow you to exercise safely.

So now that you know the benefits of exercise and the precautions to take you should be ready to get started. But how much exercise should you be doing and what types of exercise are best? Ideally you should try and do at least 30 minutes of exercise each day. If this is not possible try and make sure you are doing at least 30 minutes of exercise every other day. The actual exercise (as I have mentioned above) should be a combination of cardiovascular exercise and resistance training:

1) CARDIOVASCULAR EXERCISE:- This type of exercise focuses on improving your aerobic fitness which increases the amount of oxygen that is delivered to your muscles and allows them to work for longer. Cardiovascular exercise is also a great way to stimulate the burning of glucose (which lowers your blood sugar levels) and control your weight (which makes your body more receptive to insulin). When it comes to cardiovascular exercise you have many choices including; jogging, walking, swimming, cycling and team sports.

2) RESISTANCE TRAINING:- This type of exercise focuses on strengthening the muscles, either through [bodyweight training](#) or through the use of weights (in the form of free weights or machine weights). Apart from increasing your muscle mass and helping you control body fat levels, resistance training has also been linked with the treatment of diabetes. According to the

study in [this article](#) 16 weeks of resistance training produced improvements in glucose control amongst Hispanic men and women, that were so significant they could be compared with taking diabetes medication.

Along with diet, regular exercise is a great way to treat diabetes naturally. By doing a combination of cardiovascular training and resistance training you can really keep your condition under control and maybe even remove the need for insulin injections or medication completely. As long as you stick to your program, exercise regularly, stay sensible and take the necessary precautions, exercise can be a great weapon in your fight against diabetes.

Whilst every intention has been made to make this article accurate and informative, it is intended for general information only. Diabetes is a medical condition and this article is not intended as a substitute for the advice of your doctor or a qualified medical practitioner. Before making any lifestyle changes you should always seek your doctors advice. If you have any concerns regarding any form of diabetes then you should speak to your doctor right away.

Sources:

[Blood Sugar/Glucose Information](#)

[Diabetes and Exercise Information](#)

[Does Exercise without Weight Loss Improve Insulin Sensitivity?](#)

[Exercise for Diabetics Information](#)

[How Many Calories Does Muscle Really Burn?](#)

[Hypoglycaemia Information](#)

[Insulin Information](#)

[Type 2 Diabetes and Exercise Information](#)

2) Free Fitness Tips Blog Updates

This month only the diabetes section of the blog was updated with the following new articles being added:

- [*Manage Diabetes with Exercise \(This month's featured article\)*](#)
- [*6 Steps for Treating Diabetes Effectively*](#)
- [*7 Types of Damage Caused by Diabetes*](#)
- [*The link between Diabetes and Fitness*](#)

3) Featured Fitness Blog Post

This month's featured fitness blog post is entitled '[Planks And Vacuum Stomach: All You Need For Your Abs](#)' and comes from Helder Luis's [Fitness Fat Burning](#) blog. I chose this article quite simply because it contains an abdominal exercise I have never heard of before - 'vacuum stomach' and I wanted to share this unique exercise with my readers. I've Helder's abdominal workout a couple of times since reading so it's too early for me to comment on the results but boy is it tough. Anyway, without further ado I present to you...

Planks and Vacuum Stomach: All You Need For Your Abs



I have been away for a few days, i've been spending some days at the beach, the weather is hot, summer is on its way, and i just love the beach, the football euro championship also started and so far so good, Portugal won the first two matches and the quality of the tournament is being good.

Anyway being at the beach made me want to write about **six pack abs**, i wish lots of people could have a nice six pack to show, but that's not the case. Most people still keep doing all things wrong when it comes to abdominal training. At the gym or at the park i still see most people doing hundreds of crunches and leg raises, hoping to burn belly fat with that. At the gym i see another thing that i think it's even worse, i see trainees doing those exercises with weights and that's a very very bad idea.

I'll start telling you why it's a bad idea, because using weights will make your abs grow, and that will make you look bloated, your belly will be big and thick, and you don't want that, what you want is a **thin waist and defined abs**.

Doing hundreds of reps will also do you no good, high reps don't give muscles any definition, and it won't burn fat, so stop wasting your time for nothing. First of all to have defined abs you need to be under 10% of body fat, and to do that you need to eat right and to do your cardio. To know more about cardio to burn fat see <http://fitnessfatburning.com/hiit-for-fat-burning/>

This post won't be about nutrition, but eating right means, no saturated fats and a low carb diet. If you need to lose a lot of fat, make it a low caloric diet too. Drink a lot of water, at least 2 L per day, eat lots of veggies, make veggies the center of your diet, also eat good protein and healthy fats, the best source that combines both is fish.

Now the abdominal training, i only do two exercises and i believe it's all anyone needs. The

first one is the plank, you get in the push ups position, but instead of supporting your body with your hands, you do it with your forearms, keep your body tight and try to hold the position at least for 30 seconds if your a beginner. Try to add more time everyday, and to do more sets.

Vacuum stomach is an exercise that works the inner muscles of the abdominal wall, and those muscles when strong help you to reach your goal of a thin waist. In this exercise you pull your stomach in like if you wanted to gather your stomach with your back,try to keep your abs tight. Try to hold it for 30 seconds, like with the planks try to add seconds and sets everyday. You'll feel tempted to hold your breath, but you can breath 😊 and should.

Both exercises are isometrics and they'll make your abs toned and defined, but to get them visible don't forget, you need to burn that belly fat, and for that, the most important is what you eat, how you eat, and cardio.

Good luck, be patient and persistent, you'll get there.

Source:

[Planks And Vacuum Stomach: All You Need For Your Abs](#)

Top marks to Helder for his unique twist on the abdominal workout. You can read more articles on fitness and fat burning at his [Fitness Fat Burning Blog](#). It's quite a new blog but Helder's passion and knowledge in the fitness field really comes through in his writing. I recommend you check it out.

4) Free Fitness Tips Ebook

This month's free ebook is one that I wrote quite but just never got round to releasing until now...

75 Exciting Exercise Tips



As you can probably guess this ebook contains 75 exercise tips which will hopefully help you spice up your workouts. Below are five sample tips:

1) GO TO THE ZOO:- Going to the zoo provides you with a fun day out and lots of walking to get some exercise.

2) CONSTRUCTION:- Putting together buildings and bridges is a great form of exercise. If you choose the right project it can also be great fun too.

3) VOLUNTEERING:- Volunteering very rarely involves sitting down doing desk work. It is usually quite a physical task such as walking a dog, moving boxes etc. It's therefore another opportunity to exercise and can also allow you to meet new friends.

4) BABY SIT:- Young children are usually hard work. If you baby sit and play games with them you will burn some additional calories.

5) DECORATE:- If your house needs decorating, doing it yourself is a great opportunity to do it yourself and burn some calories. Alternatively, you can use special occasions as an opportunity to decorate your house. If you are throwing a party, or if it's Christmas, Easter etc, get the decorations out and spruce the place up. The moving about will help you burn some calories.

The ebook also come with full giveaway rights so feel free to pass it on to family, friends, website visitors or whoever else you think may find it useful.

[Click Here to Download 75 Exciting Exercise Tips!](#)

5) Final Words

Well another month has come to a close and once again I haven't added nearly as much content as I expected to the [Free Fitness Tips](#) blog. Next month I'm going to make a start on my series of cancer articles which will explain the various types of cancer and the measures you can take to reduce your risk of contracting them. How many articles I actually manage to complete is anyone's guess :-)

Thanks for reading.

Until next time,

Tom Parker (Owner and Creator of Free Fitness Tips)

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