



Best exercise for people with diabetes

The best exercise for anyone with diabetes may be a notch above a casual walk, according to Jamie Cooper, assistant professor of nutritional sciences at Texas Tech University.

“A person should exercise to the point when they’re breathing a little bit harder and sweating a little bit—then they know they’re working more intensely,” Cooper said.

The type of exercise really doesn’t matter as long as you’re moving and getting some exercise on a regular basis. Finding something you enjoy and are motivated to do is probably more important than a specific type of exercise to treat diabetes.

“It’s not something you just do once a month or for a couple of weeks and quit. It has to be something you adapt into your new, healthier lifestyle and do on a regular basis,” Cooper said.

