

The Effect of Aerobic Exercise on Glycemic Control in Prediabetes and Type 2 Diabetes

Authors : Chun-Chin Huang

Abstract : Individuals with prediabetes increase the risk of developing type 2 diabetes. Exercise is a potent stimulator of skeletal muscle glucose uptake and thus good for maintaining glucose homeostasis. That could be a conducive method to improve blood glucose regulation and prevent type 2 diabetes without medication intake. The aim of this study was to summarize mechanisms of insulin resistance and investigate the beneficial effects of acute and chronic aerobic exercise on glycemic control in prediabetes and type 2 diabetes. Aerobic exercise regulates glucose homeostasis and reduces blood glucose, insulin concentrations. Therefore, the type of aerobic exercise brings positive effects to prediabetes and type 2 diabetes.

Keywords : insulin resistance, glucose sensitivity, impaired fasting glucose, impaired glucose tolerance

Conference Title : ICHBSPA 2021 : International Conference on Health Benefits of Sport and Physical Activity

Conference Location : Paris, France

Conference Dates : April 19-20, 2021