



Get Fit. **Life Tip.** **Diabetes**

About 8% of the U.S. population has diabetes, a condition in which a person has high blood sugar. Classic symptoms of high blood sugar are frequent urination, increased thirst and increased hunger.

There are three commonly known types of diabetes:

Type 1: Body doesn't produce insulin and requires insulin injections (juvenile onset)

Type 2: Cells in the body fail to use insulin properly (adult onset)

Gestational: When a pregnant women that wasn't previously diagnosed with diabetes has high blood glucose levels during pregnancy. This could lead to Type 2 diabetes.

Although diabetes is a combination of genetics and lifestyle simple changes can help you manage diabetes and help prevent the onset of diabetes.

- Exercising regularly
- Limiting alcohol consumption
- Limiting sugar intake
- Eating a diet rich in unprocessed foods (whole grains, vegetables, legumes, nuts, fruits, and seeds)
- Not smoking (or smoking less)
- Control your blood pressure
- Control your cholesterol

There are supplements that may also help manage and prevent the onset of diabetes: Vitamin C, Vitamin E, Flaxseed Oil, Magnesium, B12 (Methylcobalamin)

Diabetes if left untreated increases your risk of heart disease, kidney disease, loss of nerve function, retinal damage.

Check out the Get Fit with Bill Witte Facebook FanPage for more information on Diabetes.

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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