

## REDUCING THE RISK OF DIABETES BY WEIGHT TRAINING!

A study at the “Harvard School of Public Health” reports that men who perform weight training, combined with moderate aerobic exercise, were less likely to develop diabetes.

The study evaluated 32,000 male study participants from 1990 to 2008 and reported that working with resistance training for at least 2.5 hours per week was independently associated with a lower risk of diabetes. They state that men who lift weights for 30 minutes a day five times per week, may reduce the chance of developing type 2 diabetes by at least 34 percent. When you combine this with 20 minutes of cardiovascular exercise like jogging, bicycling, or brisk walking 5 times per week, you can reduce your risk by 59 percent.

Submitted by

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