

ON THE **CUTTING EDGE** Diabetes Care and Education

GOING THE DISTANCE: EXERCISE PRESCRIPTIONS FOR THE BEGINNER, INTERMEDIATE AND ADVANCED PERSON WITH DIABETES

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Message from the Theme Editor:

Joanne Rinker, MS, RD, LDN, CDE

Being the Theme Editor for this exercise-focused issue of *On the Cutting Edge* was the perfect fit for me. As a dietitian and diabetes educator with a passion for motivating others and someone who considers herself a role model for people with diabetes and the clinicians who care for them, I wanted to jump into this issue with both feet. And so, I did!

It is amazing how many different levels of athletic ability and preparation we considered when building a list of authors who could cover the many facets of this topic. We had to consider the beginners, address those who have already started a program at some level, and work ourselves all the way up to extreme athletes with diabetes. We needed to examine exercise among people with type 1 diabetes, those with type 2 diabetes, patients with mobility issues, and those who use technology as a tool to stay motivated and keep moving.

Taking the first step toward an exercise program can be overwhelming for those who have diabetes. They're not sure of the right time during the day to exercise; they're uncertain about which type of exercise is right; and they may not know where to exercise, what to wear, and how often and how much to

exercise. I encourage you to challenge your clients to ask themselves "when will I exercise today," rather than "will I exercise today."

As you read through this issue, think about not only your current but also your future clients, who have potentially vast differences in physical abilities and stages of readiness. Save this issue to reference the articles when feeling challenged by these varying circumstances. Jump in with both feet to learn something new about how to care for people with diabetes and help them safely and effectively approach exercise.

We start the issue with the latest information about a trending topic that "sitting is the new smoking!" Melanie Batchelor, MHS, RD, LDN, CDE, walks you through the consequences of sedentary behaviors, general guidelines about such behaviors, and approaches to

NewsFLASH and *On the Cutting Edge* are bi-monthly publications of the Diabetes Care and Education (DCE) Dietetic Practice Group of the Academy of Nutrition and Dietetics (the Academy).

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Subscriptions are available for people who are ineligible for the Academy membership for \$30 (domestic), \$35 (international) by sending a check to:

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Library of Congress National Serials Data Program
ISSN #1070-5945, issued 7/93.

assist your clients on overcoming them. Next we tackle the challenge of physical limitations experienced by many with diabetes. Karen Kemmis, PT, DPT, MS, GCS, CDE, FAADE, explains how pain, balance dysfunction, and decreased joint mobility can cause problems with function, limit normal physical activity, and decrease overall exercise.

The next section focuses on the person with type 2 diabetes. Sheri Colberg, PhD, offers to expand your working knowledge of appropriate physical activities to recommend as well as daily lifestyle activities and exercises to improve flexibility and balance. She talks about behavior change and how encouraging clients to make such change part of their daily life can effectively increase both the adoption of exercise and its long-term maintenance.

Rebecca McConville, MS, RD, LD, CSSD, provides information about how to fuel and stabilize a person with diabetes who is interested in walking or running 5K or 10K races.

Next stop in the issue is consideration of the various challenges that people with type 1 diabetes face when trying to stay physically active and physically fit.

Moving to the topic of extreme athletes, Jeffery Richard, MS, RCEP, discusses the requirements for proper replacement of carbohydrates and fluids to maintain performance. He also explores the challenges of monitoring and maintaining proper glycemia for patients with type 1 diabetes during extreme athletics and how the diagnosis should not be perceived as a limitation. Finally, Rachel Head, RD, CDE, explains how children with type 1 diabetes are at increased risk for hypoglycemia during and after physical activity and how fear of hypoglycemia continues to pose barriers for families of active youths. She provides tips and strategies to prevent and, if needed, treat exercise-related hypoglycemia and to support families as they establish and maintain healthy activity habits.

Lastly, we can't leave out technology. Sherri Isaac, MS, RD, CDE, BC-ADM, along with Lynn Grieger, RD, CDE, CPT, CWC, review many of the current exercise apps, how to find assistance with patient adherence between visits, and technology tools to keep clients motivated to stay active and improve their physical fitness.

I want to take this opportunity to thank my theme team. Delaine Wright is one of the most talented

MISSION

Empowering DCE members to be leaders in food, nutrition, and diabetes care and prevention.

VISION

Optimizing the health of people impacted by diabetes using food, nutrition, and self-management education.

STRATEGIC PRIORITY AREAS

GOAL 1: The public trusts and recognizes DCE members as food, nutrition, and diabetes experts

GOAL 2: DCE members optimize the health of individuals and populations impacted by diabetes

Goal 3: Membership and prospective members view DCE as vital to professional success

exercise physiologist certified diabetes educators I know. I met her in 2004 and have been learning from her ever since. I was thrilled that she was willing to take on this issue as my partner and supporter. I would also like to thank all of the authors and reviewers who were willing to write and review articles when faced with so many other responsibilities and commitments. We are all working so hard, and finding free time to write an article or review one or multiple articles takes focus, planning, and determination. Lastly, I am so honored that Susan Weiner, MS, RDN, CDE, CDN, *On the Cutting Edge* editor, asked me to be the theme editor for this issue. She gave me a timeline, encouraged me along the way, and stepped in at the right times to be sure we would meet our deadline. She helped this whole team produce an issue that would be beneficial for our readers, not to mention get to your doorstep on time!

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OTCE Acknowledgments

THANK YOU!

Many thanks to the following people for assisting with the development of this issue of *On the Cutting Edge*:

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