

Benefits of being physically active for individuals with Diabetes and Coronary Heart Disease



Exercising and participating in physical activity:

- Improves glucose utilisation and insulin sensitivity
- Controls weight
- Improves fitness
- Reduces your risk of a cardiac event
- Increases your chances of surviving a cardiac event

Impaired glucose control and being sedentary are major risk factors of coronary heart disease.

Increasing your participation in physical activity and exercising is a modifiable factor that you can work on.