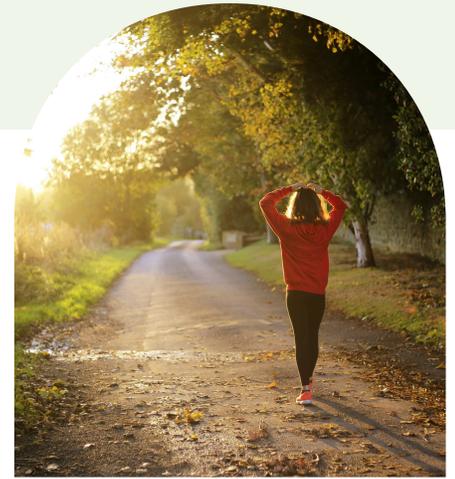


ABUNDANT
HEALTH
with Melissa

The Importance of Movement and Strength Training

Movement

Regular physical activity plays a crucial role in managing type 1 diabetes. By committing to 30 minutes of daily exercise, you can experience numerous benefits, including improved insulin sensitivity, hormone balance thru menopause, increased energy levels, and enhanced overall fitness.



Engaging in activities you enjoy, such as walking, swimming, or cycling, can make exercise more enjoyable and sustainable.

*Remember to monitor your blood sugar levels before, during, and after exercise to ensure optimal management.

Seven easy ways to get moving:

1. Walk your dog before or after work.
2. Go dancing
3. Play with the kids
4. Bike ride
5. Beach or nature walk
6. Join a gym or yoga class
7. Wash your car

***Action Step: add 2 ways to move onto your calendar this week.**

Prioritizing Daily Movement



It's no secret that regular exercise helps to manage blood sugar, hormones, healthy weight, improves sleep and diet choices. If you are struggling to create your own routine and sticking with it, here's some help.

Taking the First Step to Exercise: 3 Actionable Tips

1. **Raise Awareness:** Acknowledge that starting to exercise might be challenging. Recognize the benefits of steady-state exercises like walking and bone-building resistance training, both crucial for managing blood sugar and hormones during menopause and promoting overall health as we age.
2. **Prioritize Both:** Understand the importance of prioritizing both types of exercises. Steady-state exercises contribute to overall well-being, while bone-building resistance training is essential for maintaining bone density and functionality.
3. **Accountability Partner:** Consider finding an accountability partner to exercise with. Not only does this increase the likelihood of sticking to your exercise routine, but the mutual encouragement and shared commitment make the journey more fun and sustainable.

Strength Training

With age, muscle loss is natural, emphasizing the need for daily protein intake to maintain and build muscle. Resistance training, whether bodyweight exercises or using resistance bands, improves insulin sensitivity, enhances glucose utilization, and maintains muscle strength, bone density and endurance.

Now that we know why this is important:

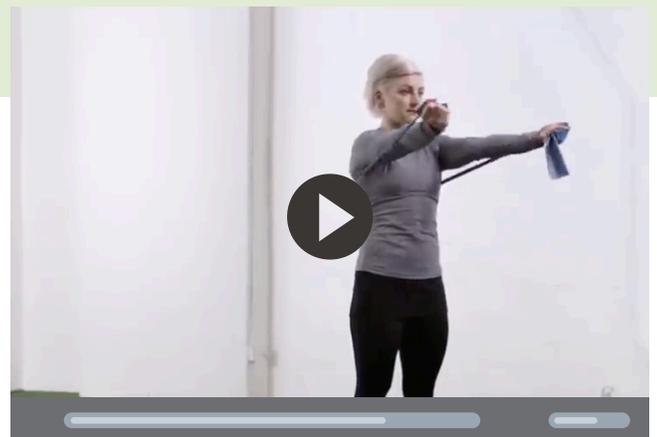
It's time to decide WHEN, WHERE and WHAT type of resistant training you will do!

- Start slow and use a lighter weight, focus on form and technique.
- Set a goal to train 2 - 3 days per week.
- Take one day of rest in between strength training sessions.
- Cardio exercise is great to do daily, you can track this too.

4 EXERCISES TO DO AT HOME:

1. Bodyweight Squats: 3 sets of 12-15 reps
2. Push-Ups: Modify as needed, aiming for 3 sets of 10-12 reps
3. Resistance Band Rows: 3 sets of 12-15 reps
4. Lunges: 3 sets of 10-12 reps per leg

[WATCH A QUICK VIDEO DEMO OF 9 BEST RESISTANCE EXERCISES USING BANDS \(1:45 MINUTES\)](#)



YOUR GO TO

RESOURCE LIST

EMPOWERING WOMEN OVER 40: FITNESS, SELF-CARE AND DIABETES

IN THIS EPISODE, MEGAN SHARES VARIOUS TOPICS, INCLUDING PAIN MANAGEMENT, FITNESS FOR AGING, AND THE IMPORTANCE OF NON-EXERCISE ACTIVITY THERMOGENESIS (NEAT) IN BLOOD SUGAR REGULATION.

TYPE 1 IN MIDLIFE

with Melissa Slomp

EPISODE 57

Empowering Women
Over 40: Fitness,
Self-Care, and Diabetes
Management with
Megan Dahlman



PROTEIN & RESISTANCE TRAINING FOR T1D: BETTER BLOOD SUGAR CONTROL IN MENOPAUSE

AGING AND MENOPAUSE CAN IMPACT MUSCLE AND BLOOD SUGAR CONTROL. **THIS ARTICLE COVERS HOW PROTEIN AND RESISTANCE TRAINING HELP WOMEN WITH TYPE 1 DIABETES MAINTAIN MUSCLE**, IMPROVE INSULIN SENSITIVITY, AND STABILIZE GLUCOSE LEVELS.

