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Exercising can be painful, but it is one of the most important ways to prevent or manage a range of diseases including diabetes, high blood pressure, heart disease and osteoporosis. A new study published in the journal "Medical Science Sports Exercise" found that women who had low levels of exercise increased their risk for cardiovascular disease by 71% over five years. The authors are not sure why this is so but they say that more research is needed to answer this question. All people with diabetes should try to get regular exercise for its benefits on health and weight control. This includes walking 10 minutes at least five times a week at an easy pace with no pauses or stops along the way if possible. Exercise can help to close the gap in the risk of heart disease between men and women. A new study suggests that if women increased their physical activity they could lower their risk of heart disease by as much as 46 per cent. There has been some controversy over recent years about whether or not brisk walking, now an accepted form of exercise for many people with diabetes, actually offers any protection against heart disease. A study published in the October issue of "Diabetes Care" studied a group of older people with diabetes – all had mild to moderate heart problems – and found that those who walked 60 minutes every day cut their chances of dying from cardiovascular disease by 40 per cent compared with those that did not exercise at all. Most people with diabetes need to eat more carbohydrates (foods with high amounts of sugar or starch) daily in order to stay on the path of good health. A diet that incorporates whole grain bread, rice, pasta and vegetables is important for diabetes management because it lowers the amount of sugar in the blood. People who eat these foods do not need to rely on medications that lower blood sugar like insulin or oral medications like glyburide. Studies have shown that following a diet that includes a mixture of whole grains protects against heart disease and can help people with diabetes reduce their risk for heart disease even further after 10 years. Exercise and promoting a healthy lifestyle is the best way to lower blood glucose levels and keep them stable. It is important, however, that people with diabetes and those who love them stay as physically active as possible. These days it is certainly not necessary for most people with type 1 or type 2 diabetes to exercise strenuously in order to stay healthy. But exercising for 30 minutes five times a week is the minimum recommended amount of exercise for most people with diabetes. The following recommendations can help you achieve a healthy lifestyle:

According to the American Cancer Society more than 1 million people in the United States will develop diabetes every year. In the last few years this number has increased dramatically. In 2010 16 million Americans were living with diabetes, up from 12 million in 2008. In the last few years there have been some exciting developments in the treatment of Type 2 Diabetes. Drugs like Avandia, which lowers blood glucose and has been shown to reduce heart disease and stroke and drugs like Victoza and Byetta which increase insulin production and the pancreas, have been recommended for people who can not control their blood sugars through exercise or diet alone.

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